

SIMPLE • NATURAL • HEALTHY

Vegan

LIVING

ISSUE TEN | SEPTEMBER 2017

WIN!
A BREAK IN
THE LAKES
FOR TWO

**EASY RECIPES
FOR BETTER**

- BRAINS
- BEAUTY
- HEALTH

**DINNER
PARTY
DAZZLERS**

A STYLISH BASH
FOR LESS CASH

Beauty
without
cruelty

*The rise of
vegan salons*

Bowl me over

Oodles of noodles & gorgeous grains

**OSCAR-
WORTHY**

MAKING
VEGAN
SHOES FOR
STARS

**Manna's
Chef Robin:**

*'We loved the
food so we bought
the restaurant!'*



CRISP CROQUETTES



SQUIDGY CAKES



FAST 'FISH' N CHIPS



Be a natural
beauty
with benecos



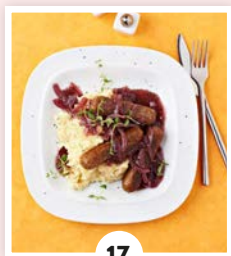
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www.benecos.uk



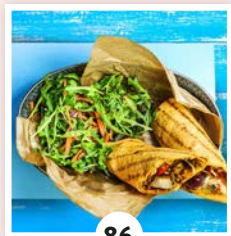
Don't miss



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Kale and hearty – family favourites you'll love

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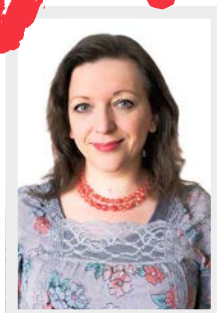
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Hotel California – the vegan retreat that lets you paddle your own canoe

...

COVER IMAGE FROM BOWL FOOD, PUBLISHED BY RYLAND, PETERS & SMALL. IMAGE: MATT RUSSELL

Welcome!



It's not quite autumn yet... but come late summer, I start thinking about the lovely flavours of September – autumn fruits and vegetables, soups and stews, blackberries, apples and pears. So, while this issue still has plenty of dishes that suit warmer days, like the chargrilled corn, courgette and tomato salad in Eat Yourself Clever (p31) or the baked globe artichokes with citrus and herb salad (p76), we've also gathered in a harvest (see what I did

there?) of delicious, autumnal flavours. I'm quite excited about the dinner party I've devised for Cheap & Cheerful (p58) this month. I guarantee the black bean, brandy and walnut pâté is a show-stopper (and if you don't like adding alcohol, just leave it out, it still tastes great) while the pudding can be made in seconds and stuck in the fridge till you need it.

September also means back to school – and work – so if you're feeding a fussy family, some of whom may or may not be vegan, turn to p17 for six family favourites, painlessly veganised, and all easily do-able after a long day at work.

We've also tracked down Robin, the co-owner and chef of the wonderful Manna, Notting Hill's vegan restaurant which celebrates its 50th birthday this year, and persuaded her to share a recipe with us, (p74) and we meet the ex-police-officer-turned-entrepreneur who brought coconut yogurt to Britain and never looked back (p48).

And if baking is your thing, do not miss the wonder of the Vegan Baker (p80) – vegan brownies, moist carrot cake and sumptuous chocolate cake are all within your grasp.

There's also autumn fashion (p70), all the food news, including the best vegan pizza (p38) and an in-depth look at the vegan salons springing up, so you can stay plant-based from head-to-toe (p40). Talking of toes, the determined founder of Beyond Skin shoes tells us exactly how she did it – with a little help from Natalie Portman.

Have a great month, and enjoy everything you cook.

FLIC EVERETT, EDITOR



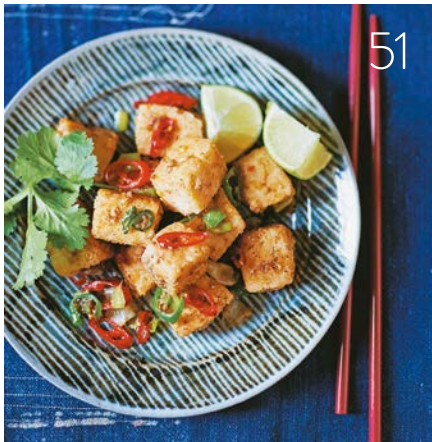
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A LUXURY TWO-NIGHT BREAK IN THE LAKE DISTRICT
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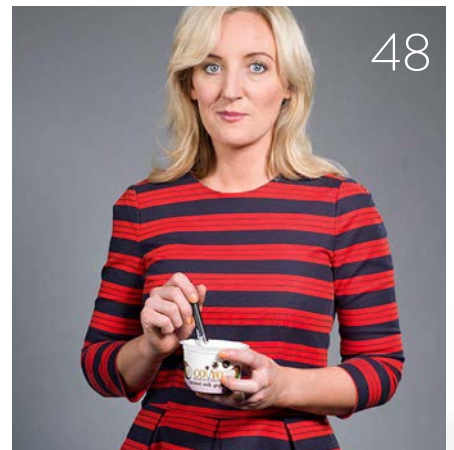
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Win a Lake District break for two at Yewfield country guest house!



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Sandburne Vegan & Vegetarian Guest House

Former home of Donald Watson, founder of the Vegan Society
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THE **V** WORD

Who, what, where and when – everything you need to know this month

BROCKENHURST NEW FOREST VEGAN FESTIVAL

Sept 9th, 10am-4pm

This brand new fair offers live music, talks and plenty of stalls. All proceeds go to animal rescue, too. Expect cooking demos, competitions and really great food.

○ Brockenhurst College,
Brockenhurst SO42 7ZE



MANCHESTER NATIONAL VEG FOOD & LIFESTYLE FESTIVAL

Sept 30th, 10am-6pm

With over 150 stalls, including The Pie Parlour and Vegan Living favourites The Vegan Food Pod, you won't go hungry. There's also cruelty-free cosmetics, candles, clothes, entertainment and talks, plus a large children's area and café.

○ Audacious Church, Trinity Way,
Salford, Manchester M3 7BD

GATESHEAD NORTH EAST VEGAN FESTIVAL

Sept 3rd, 10.30am-5pm

In aid of Farplace animal rescue, this event is the ninth Nevfest, and offers 70 stalls selling streetfood and vegan drinks, plus charity stalls, talks and documentary showings. A great way for new vegans or vegan-curious visitors to find out more.

○ Gateshead International Stadium,
Neilson Rd, Gateshead NE10 0EF

Don't miss

VIVA! LONDON VEGAN FESTIVAL

Sept 16th 11am-6pm

Packed with talks, stalls and cookery demos, this is one not to be missed. Talks include 'Why you don't need dairy' and 'Mood food', while edibles stalls include vegan hot dog stars V-dogs, Lazyboy Kitchen's plant-based street food, Dough Ball Pizza, Sweet Revolution and Raw Food Dude. There will also be music, free samples, recipe sheets, activism advice and take-home food including ready meals, vegan cheese and chocolate. Take your non-vegan friends to the festival and be prepared for a miracle conversion.

○ Tickets £5, The Drum at Wembley,
London HA9 0FJ
viva.org.uk/festivals



V-inspo

'Being vegan, people think you're an alien, that you're different in some way – you know something different, that's all.'

GRIME KING JME

WIN! A HAMPER OF YUTAKA GOODIES

The Japanese food experts are offering one lucky reader a hamper of their finest vegan products, made up of organic soy sauce, sushi rice, nori sheets, sesame seeds (white & black), Shaoxing rice wine, Japanese rice vinegar, wasabi paste, tempura, panko, nigiri maker, chopsticks, miso paste and including the new Ching Free From Noodles. **Just email veganlivingcomp@gmail.com including your name and address, with Yutaka in the subject line, by midnight on 31st August 2017.** Good luck!

T&Cs: No correspondence will be entered into. No employee of Select Publisher Services Ltd or the companies providing the prize may enter. No cash alternative is offered to these prizes. Entries are only valid if they reach us by the closing date. Multiple entries will be disregarded. Publisher's decision is final. UK entries only.



PLANT-BASED FOOD SALES IN THE UK ARE UP 1500% ON LAST YEAR, ACCORDING TO OCADO. THAT'S A WHOLE LOT OF VEGANS TURNING THE TIDE.



WHAT'S NEW?

Soupologie chilled soups It's not cold enough for hearty hot soups, but these innovative chilled versions are the perfect late-summer lunch. Flavour combos include Apricot, Almond & Coffee, Turmeric, Mango & Cashew and Cucumber, Kale & Avocado. Tasty and good for you, too. £2.99, Selfridges and major supermarkets



JOIN UP



©EATWITH.COM

EatWith

Air B&B but for food? Yes, that brilliant concept you thought up after several glasses of wine is already being done. EatWith brings together diners and hosts around the world, with 750 hosts in over 200 locations, including New York, Paris, San Francisco and Barcelona. And there's a big vegan element, with plenty of chefs keen to showcase their plant-based wonders. Home cooks sign up and list the dates of their dinner party menus, and travellers book a space at their communal table and pay less than restaurant prices. Eat authentic food, make new friends, and dine like a local – what's not to like? eatwith.com

Out & about

GATESHEAD

Grumpy Panda, the North East's first US-style vegan diner has opened, serving fry ups starring their own homemade 'pigless pudding' 'baecon' and 'eggz', along with diner standards hot 'dogs' and mac n' 'cheese'.

○ 14 Regent Terrace, Gateshead NE8 1LU grumpypandafood.com

NORWICH

Vegan Wok – a vegan pan-Asian takeaway is opening in the city centre in August, featuring Indonesian, Chinese, Japanese and Thai dishes, cooked from scratch.

'You don't need to be vegan to enjoy these dishes' says owner Andy Davis, who believes there'll be a big appetite for his plant-based takeaways.

○ 131 Magdalen St, Norwich NR31NF



EAST LONDON

Who wants vegan meatballs? The Vincent, a new omni restaurant in Hackney, is mindful of its vegan customers, and the menu features gluten-free options, alongside the vegan mushroom balls (£8.50), salads and brunches.

○ 2 Atkins Square, Dalston Lane, Hackney, London E8 1FN thevincent-e8.com

We love

Jimmy's Iced coffee

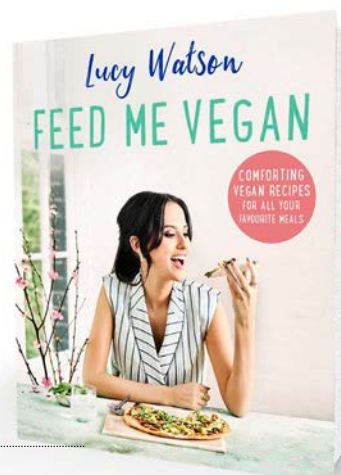
Keep cool while it's still warm with this tasty oat-milk version of Jimmy's much-loved iced coffee drink. It's totally vegan, and super-refreshing. **£2.50 for 1litre, Sainsburys**



BOOK OF THE MONTH

Feed Me Vegan by Lucy Watson
(Sphere, £16.99)

The reality star, model and animal rights campaigner has written her first recipe book and it's full of easy, tasty comfort food, including her Ultimate Cheeseburger, Oreo Thickshake and French Toast with Spiced Plums. All round to Lucy's for tea, then...



WHAT ON EARTH

...is egg-free mayo?

Missing mayonnaise? This vegan version tastes so close to the real thing, non-vegans would struggle to tell the difference. It contains soya flour, apple vinegar and sunflower oil, and works a treat on sandwiches or chips. **Mr Organic Free From Mayonnaise, £2.79, Holland & Barrett**



It's easy being green

Make the most of late summer with our tips and tricks for a greener life



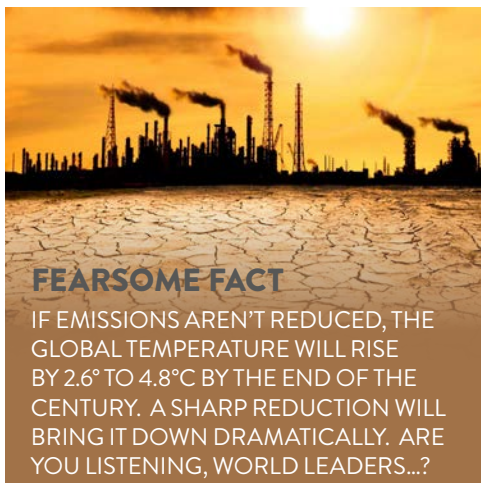
THE URBAN GARDENER

Spinach

Spinach perpetual is the best variety to sow in early autumn. Sow plants thinly in normal soil, about an inch deep and 12 inches apart. Spinach does best in a sunny or partially-shaded spot. When the seedlings grow, thin out to about 9" apart. You can eat the early leaves in salad (saving a fortune on bagged 'baby spinach'). If you'd rather grow them to full size, water regularly and harvest them from several plants at once, rather than taking all of them from each plant. They're ready to harvest from late spring.



SPINACH IS GREAT WITH LENTILS IN A SPICY CURRY. CHOP FINELY AND ADD TOWARDS THE END OF COOKING.




FEARSOME FACT

IF EMISSIONS AREN'T REDUCED, THE GLOBAL TEMPERATURE WILL RISE BY 2.6° TO 4.8°C BY THE END OF THE CENTURY. A SHARP REDUCTION WILL BRING IT DOWN DRAMATICALLY. ARE YOU LISTENING, WORLD LEADERS...?

*figure from the Intergovernmental Panel on Climate Change

Green home

These dog beds are just the thing for your best friend – with washable cotton covers and a comfy, man-made filling, they're stylish enough for the most discerning doggo.  £53.15, dooguk.com





Lovely leftovers...

Mashed potato waffles

Use up excess mashed spuds by turning them into crispy waffles. Add a dash of almond milk, herbs and then add plain flour, stirring well, until you have a mix that's stiff enough to shape into patties. If you have a waffle maker, just pop them in and cook as normal, or form into squares and cook on a griddle until both sides are golden brown.



ECO HACK

Clean a burnt pan by boiling up half a lemon inside it. Leave for half an hour, then give it a good scrub. This method avoids toxic chemicals in your pans, and does the job just as well.

FORAGE, MON BRAVE!

Blackberries



One of the most delicious fruits to forage, pick as many as you can carry, and turn into jams, pies and fools. The ubiquitous shrub grows on wasteground, in hedgerows and around woods. Look for the spiky stems and prickly leaves that are reddish in autumn. Wait till the fruits have ripened to a deep purple-black before picking, and gloves are a must to avoid scratched arms.

Bag for life

Keep your cruelty-free cosmetics in one place with this gorgeous leafy makeup bag that's just right for autumn.

White Stuff, £17.50





‘I created Beyond Skin from a combination of frustration and vanity!’

Beyond Skin founder Natalie Dean tells Niki Waldegrave why she stepped out of her comfort zone to make the vegan footwear proving a big hit with ethical A-listers

Beyond Skin was born in 2001, ‘because there were simply no gorgeous vegan shoes to be found anywhere!’. Since then, their award-winning footwear has been worn by Natalie Portman, Anne Hathaway, Evanna Lynch, Leona Lewis and Cheryl Cole, amongst other A-listers. The still-growing business will soon have a flagship store in London.

Vegan Natalie, who is currently juggling running the Brighton-based company with three children – including a three-month-old son – talks stars, shoes and car-spray.

When I went vegan 17 years ago there was, quite simply, no stylish, good quality, non-leather footwear available.

Past attempts to combine fashion and ethics generally resulted in one side of the equation being sacrificed, so I created Beyond Skin from a combination of frustration and vanity! I met my business partner, Heather, when she was a student at Cordwainers. She applied to be an intern after discovering Beyond Skin at a Crafts Council exhibition. We’d made a pair of shoes from luxurious vintage fabric and Heather fell in love with them. When she rang me up, we just clicked.

We’re both very hands on, practical and had a similar vision for Beyond Skin. At the time, we were having our shoes handmade in London, and it was essential to

have a pragmatic, outside-the-box thinker. She started working with me, and I didn’t want her to leave! We get on really well, go on holiday together with our families and hang out at weekends. We design the collections together, but we do have different tastes. My style is more relaxed and diverse, whereas Heather is more formal and classic. I think that this creates a balanced collection. Our personalities are similar too, but I’m definitely the fast decision maker and Heather is the more patient one!

I’m thrilled we were the first independent, British luxury ethical footwear brand.

I’m also proud that we manufacture in Spain where the workers are protected from EU employment regulations and, where possible, choose materials that are more sustainable. It’s very fulfilling to be able to create fashion whilst working in a manner that is non-exploitative to animals, humans and, wherever possible, the wider environment. Now, Heather and I work harmoniously together due to our love and passion for sustainability and all things vintage. We are still an intimate team of nine, including some freelancers, but we are growing.

I decided to make the switch from long-time vegetarian to vegan after watching a harrowing documentary on

NATALIE'S TOP VEGAN TIPS

Oatly Barista milk

'Doesn't matter which coffee you buy, it doesn't curdle!'
oatly.com/barista-edition-stockists/

Vegenaise

'The BEST vegan mayonnaise I have found. Take a pot with you anywhere to transform any vegan meal.'
followyourheart.com

Oh She Glows

'Best vegan blog for easy dinner party inspiration.'
ohsheglows.com

Discerning fake fur from real

'Hairs will be tapered at the end on real fur and on faux fur the thickness of each strand remains the same at the end. If you part it you can see whether it's inserted into a woven material — if not it will be a flat, smooth hide surface.'

Coconut oil

'For cooking almost everything, and for use on both skin and hair.'

the atrocities of the dairy industry.

Veganism encouraged me to become intensely aware that everything I did had a consequence. People are feeling more empowered than ever before, as more realise how they spend can actually have an impact on our world.

My six-year-old daughter, Madison, is a passionate vegan and has a deep empathy for all creatures. I'm tremendously proud of her. My son, Hendrix, is vegan – although he is only two-months-old! And my teenage foster daughter oscillates between veggie and vegan depending on what's going on in her life.

I have rescued many a creature over the years, including rearing three lambs in our kitchen until we could re-home them to a sanctuary. We live in a flat, so we currently only have a Sheltie named PJ. I found him on pre-loved.com as the breeder didn't want him because he had a severe heart murmur. He's head of security at Beyond Skin HQ.

It was a wonderful moment when Natalie Portman discovered us.

It came about because her stylist on the film V for Vendetta needed some vegan shoes for Natalie. That was the beginning of a long relationship, for which we're incredibly grateful.

It was a real moment of elation and pride when Natalie wore Beyond Skin at the Oscars and the Golden Globes, too. It gave us great exposure and got us noticed. Once you have a breakthrough like that, it makes the path a little easier as people are more willing to listen and engage with your story. When Beyond Skin was first established, we gifted celebrities who had a similar philosophy to ours. We'd now love Emma Watson to endorse the brand, as she is both inspiring and a strong campaigner for ethical fashion. Having said that, we're so excited when we see people on the street wearing our shoes – that moment when passers-by do a double take

Natalie (right) and business partner Heather Whittle.





‘It was a wonderful moment when Natalie Portman discovered us.’

Styles from the brand's latest collection.



is sometimes more exciting than patiently waiting to see a celebrity wearing our shoes in a magazine.

There have been MANY ups and downs.

And I'm sure there will be more to come! A major down was in 2013 when one of our largest manufacturers closed, taking with it the majority of our SS'13 collection. We did a Kickstarter crowdfunding mission – we successfully raised the funds we needed, leading to a major high!

Another disaster was when we were creating a bridal runway collection for Jenny Packham. We had to dye the shoes to match the dresses. The shoes came back to us covered in patchy blotches and we had to deliver them the following day. After a teary meltdown, we scooped them up and drove them back to Hove, where we filled them with newspaper, taped the soles and spray painted them with car paint outside my house. It worked a treat and they ordered another batch!

We're planning on opening a flagship London store in London soon.

It will look like a chic Parisian vintage boutique, with thoughtful use of recycled and reclaimed furniture. Our aim is to create desirable, stylish shoes, with the ethics behind them a bonus! There is real pressure on businesses to be more transparent and accountable.

We all have the right to know where the things we buy come from and how they are made, so we always have the opportunity to make a conscious choice.

We and other cruelty-free businesses can't survive on our ethical merits alone.

Like any other business, we will have to continue to produce goods that are well designed, good quality and competitive. We do our utmost to design with eco issues continually in mind. Human rights, animal rights and the environment are subjects we feel extremely passionate about, but quality and style is what makes us stay the distance.








» beyondskin.co.uk

NEW

Pure Aura: Melon & Cucumber



Stay fresh and odour-free for longer
with our new super melon & cucumber
natural deodorant spray

-  Fresh Natural Fragrance
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-  Not Tested on Animals



Made in UK

LET'S GET TOGETHER



When not everyone in the household is vegan, it can be tough to find dishes they'll all enjoy – so here's six veganised family favourites everyone will love

RECIPES AND STYLING **LIZ MARTIN** IMAGES © **MICHAEL DANNENBERG**

'SAUSAGE' & MASH

✂ Serves 4

🕒 Prep 20 mins

🕒 Cook 25 mins

2 tbsps olive oil
1 red onion, halved and sliced
175ml vegetable stock
175ml red wine
1 tbsp fresh chopped mixed herbs, eg thyme, sage
1 tbsp wholegrain mustard
1kg potatoes, eg King Edward, cut into evenly sized pieces
125ml soya cream
sea salt and freshly ground black pepper
9 vegan sausages
2½ tps cornflour
1 tsp maple syrup
sprigs of fresh thyme, to garnish

1 Heat half the oil in a pan and cook the onions for 5-10 minutes, until golden. Add the stock, wine and herbs and bring to the

boil, cover and simmer for 10 minutes. Stir in wholegrain mustard.

2 Meanwhile cook the potatoes in a large pan of boiling water for 15-20 minutes, until tender. Drain, return to the pan and return the pan to the hob. Add soya cream and seasoning, cover and bring the cream to the boil. Remove from the heat and using an electric whisk beat the potatoes, until smooth. Cover and keep warm.

3 Heat the remaining oil in a frying pan and cook the sausages for 20-25 minutes, turning occasionally until golden.

4 Remove a few spoonfuls of the sauce mixture from the pan and blend with the cornflour until smooth. Pour back into the pan and bring to the boil, stirring, until thickened. Stir in maple syrup and season to taste.

5 Spoon the potatoes onto the plate, top with sausages and sauce.

❄ Not Suitable For Freezing.





✂ Serves 4
 🕒 Prep 20 mins
 ⏲ Cook 20 mins

150g shitake mushrooms, sliced
 200g button mushrooms, sliced
 4 tbsps olive oil
 1 tbsp smoked paprika
 2 onions, chopped
 2 cloves garlic, crushed
 300g frozen peas
 100ml vegetable stock
 75ml white wine
 550ml soya milk
 2 tbsps cornflour
 50g Prosociano vegan cheese, grated
 juice of ½ lemon
 sea salt and freshly ground black pepper
 1 tbsp fresh chopped basil, optional
 300-350g linguine

1 Preheat the oven to 190°C/375°F/gas 5. Toss together mushrooms and 3 tbsps of the olive oil on a large baking sheet and spread out evenly. Bake for 12 minutes. Remove from the heat and stir in the paprika, spread out over baking sheet and bake for a further 3-4 minutes, until dry. Remove from the heat and set aside.

2 Meanwhile heat 1 tbsp olive oil in 1 pan and 1 tbsp of olive oil in another pan. Add one onion to each and cook for 5 minutes, stirring occasionally. Add 1 clove garlic to each and cook for 2 minutes. Stir 150g of the peas, stock and wine into 1 pan and bring to the boil and simmer for 6 minutes, until peas are just tender. Remove the remaining pan from the heat and allow it to cool.

3 Gradually stir 6 tbsps of the soya milk and cornflour into the remaining pan until smooth. Gradually blend in remaining milk. Bring slowly to the boil stirring, until thickened. Stir in cheese and lemon juice. Bring back to the boil and season to taste.

4 Using a hand blender or food processor blend the pea mixture until coarsely chopped. Stir in basil and season to taste.

5 Meanwhile bring a large pan of water to the boil and cook pasta and remaining peas following packet instructions. Drain and return to the pan. Stir in cheese sauce. Cover and leave to stand for 3 minutes. Scatter over mushrooms. Divide between warm serving plates and spoon over pea purée. Serve.

❄ Not Suitable For Freezing.

PASTA 'CARBONARA' WITH MUSHROOMS & PEAS

CHILLI SIN CARNE

✂ Serves 4-6

🕒 Prep 20 mins

Cook 2hrs 10 mins

4 tbsps olive oil
1 onion, chopped
2 cloves garlic, crushed
1-2 red chillies, chopped
1 tbsp ground cumin
1 tbsp ground coriander
1 tbsp smoked paprika
1 tbsp chipotle paste
1 tsp ground cinnamon
1 x 400g can green lentils, drained
1 x 425g can black beans, drained
1 x 400g can kidney beans, drained
2 x 400g cans chopped tomatoes
50ml red wine
25g dark chocolate, broken into pieces
1 tsp maple syrup
sea salt and freshly ground black pepper
fried tortilla chips, sweetcorn kernels,
diced avocado and freshly chopped
coriander, to serve

1 Preheat the oven to 140°C/275°F/gas
2. Heat half the oil in an ovenproof pan
and cook the onions, garlic and chillies
for 5 minutes, until softened. Stir in the
cumin, coriander and paprika and cook for
1 minute.

2 Stir in the remaining ingredients and
bring to the boil then cover and bake for 2
hours, stirring occasionally.

3 Serve the chilli sin carne with fried
tortilla chips, sweet corn kernels, avocado
and freshly chopped coriander.

❄ Suitable For Freezing.





TOFU KORMA

✂ Serves 4-6

🕒 Prep 20 mins

Cook 25 mins

1 ½ x 396g packets firm tofu, drained well
 2 tbsps olive oil
 1 onion, chopped
 1 clove garlic, chopped
 2.5cm piece fresh root ginger, finely grated
 5 tbsps vegan korma paste
 50g ground almonds
 75g sultanas
 450ml vegetable stock
 200g tender stem broccoli, trimmed and halved
 100g baby sweetcorn, halved lengthways
 100ml soya yogurt
 sea salt and freshly ground black pepper
 6 spring onions, sliced
 1 x small bunch coriander, roughly chopped
 25g flaked almonds, toasted

1 Cut the tofu into 24 pieces. Heat half the olive oil in a large pan and cook the tofu for about 10-15 minutes, turning until golden in colour.

2 Meanwhile, heat the remaining olive oil in a pan and cook the onion, garlic and ginger for 5 minutes. Add the korma paste and cook for 2 minutes. Stir in the almonds, sultanas and stock and bring to the boil. Pour into tofu pan and add the broccoli. Bring to the boil, cover and simmer for about 8-10 minutes, until broccoli is tender.

3 Heat a griddle pan and cook the sweetcorn for about 8-10 minutes, turning once during cooking.

4 Remove the korma from the heat and stir in the yogurt and seasoning. Serve with cooked rice and peas. Top with the sweetcorn. Scatter over spring onions, coriander and almonds and serve.

❄ Not Suitable For Freezing.



CAULIFLOWER & KALE 'CHEESE'

✂ Serves 4

🕒 Prep 20 mins

Cook 45 mins

1 cauliflower, cut into florets
 125g kale, washed and shredded
 3-4 tbsps olive oil
 1 leek, finely sliced
 ½ tsp paprika
 1 tsp English mustard powder
 2 tbsps plain flour
 500ml soya milk
 2 tps nutritional yeast
 2 tbsps wholegrain mustard
 sea salt and freshly ground black pepper
 50g white breadcrumbs
 25g blanched almonds
 2 tbsps fresh chopped mixed herbs, eg parsley, rosemary, thyme

1 Preheat the oven to 180°C/350°F/gas 4. Bring a large pan of water to the boil and cook the cauliflower for 8-10 minutes. Add the kale and cook for a further 2 minutes. Drain very well, place in a gratin dish and set aside.

2 Meanwhile heat 2 tbsps of the oil in a large pan and cook the leek for 5 minutes, stirring until softened. Add the paprika, mustard powder and flour and cook for 1 minute, stirring constantly. Remove the pan from the heat and gradually stir in the milk, until well combined and smooth.

3 Return the pan to the heat and bring slowly to the boil, stirring occasionally, until

thickened. Stir in half the yeast, wholegrain mustard and seasoning. Gently stir a quarter of the sauce into the cauliflower and kale. Pour over any remaining sauce.

4 Meanwhile, heat the remaining oil in a large frying pan and cook the breadcrumbs, stirring constantly, for about 5-6 minutes until golden. Remove pan from the heat.

5 Using a hand blender or food processor, blend the almonds and remaining yeast on Pulse until coarsely chopped. Stir into the breadcrumbs with the herbs. Scatter over cauliflower and bake for 20-30 minutes, until golden and heated through.

❄ Suitable For Freezing.



'FISH' & CHIPS

✂ Serves 4
 🕒 Prep 25 mins
 🍳 Cook 20-25 mins

2 x 396g packets firm tofu, drained thoroughly
 4 nori sheets
 900g potatoes eg Maris Piper, peeled and cut into thick chips
 50g plain flour
 50g cornflour
 1 tsp baking powder
 1 tsp ground turmeric
 sea salt and freshly ground black pepper
 sunflower oil, for frying
 50ml vegan beer
 50ml sparkling water
 mushy peas, vegan tartare sauce and tomato sauce to serve, optional

1 Cut each tofu block into 8 pieces. Cut the nori sheets to fit and wrap each tofu piece and lay seam-side down on a board. Set aside.

2 Bring a large pan of water to the boil and boil the potatoes for 3-5 minutes. Drain thoroughly and pat dry on tea towels or kitchen paper.

3 Meanwhile mix together the flours, baking powder and turmeric in a bowl. Season and remove 1-2 tbsps and place on a separate plate. Set aside.

4 Heat the oil in a large pan to 180°C. Add the potatoes in batches and cook for 3-4 minutes until almost golden. Remove from the heat and drain on kitchen paper. Repeat with remaining potatoes.

5 Toss the tofu pieces in the flour mixture on the plate until well coated. Shake off excess. Gradually blend beer and water into the flour mixture in the bowl until smooth. Dip the tofu pieces in the batter until well coated. Carefully lower into the oil, in batches and fry for 4-6 minutes, until golden. Using a large slotted spoon lift out tofu and drain on kitchen paper. Keep warm, repeat with remaining pieces.

6 Add the chips to the pan and cook for a further 2-3 minutes until crisp and golden. Serve with the tofu and mushy peas, vegan tartare sauce and a lovely wedge of lemon.

❄ Not Suitable For Freezing.



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lavera.de/en

What's GOOD NOW?

Make the most of this month's fresh fruit and veg
with this seasonal selection



Blackberries

Loaded with vitamins A, C, E, K and fibre, along with antioxidants and minerals. Bake a blackberry pie, or throw into a late-summer salad.

Cabbage

A great source of calcium, magnesium and fibre, plus vitamin B6 so handy for vegans. Stir-fry or make stuffed cabbage leaves with rice.



Damsons

Full of fibre and potassium, along with iron, damsons are posh plums that can help your circulation. Make a crumble or eat them fresh.

Pears

As well as being delicious, pears contain vitamins A, C and K and lots of fibre. Poach them in wine and sugar or eat in salads.

Aubergine

Rich in fibre, vitamins B1, B6 and potassium, aubergines are meltingly sweet in parmigiana, or breadcrumb slices and bake for a crispy snack.

Runner beans

Contain protein, vitamins A, C, K and B6, iron and fibre. Add a spoonful of harissa to cooked beans, or eat them sprinkled with mint.

Squash

A good source of vitamin E, B6, calcium and folate, butternut squash makes glorious soups and stews, or roast with chilli and maple syrup for a salad.



Roasting is one of the easiest and tastiest ways to cook autumn veg. Simply toss everything with oil, throw in a baking dish and cook in a hot oven. The greater the exposed surface area of the vegetables, the crisper they'll become.

Try using lemons, pomelos or oranges instead of grapefruits for a sweeter, lighter flavour to this dish.



Alternative *energy*

Not all carbs are born equal – and these recipes contain the very best kind, to keep you going and keep you healthy

Pan-roasted sweet potato and beetroot with grapefruit glaze

Aptly named, sweet potatoes turn remarkably sweet as they cook and caramelize. Roasted beetroot gives colour contrast to the sweet potato and accentuates their candy-sweetness and intense earthiness. The sharp, sweet-sour glaze adds significantly to your vitamin P – pleasure, that is. Lemon, blood orange or pomelo can be used instead of grapefruit, as you wish.

✂ **Serves 6**
🕒 **Prep 15 mins**
🕒 **Cook 35 mins**

6 small beetroots
1 medium orange-fleshed sweet potato
2 medium red onions
80ml balsamic vinegar
60ml olive oil
1 tbsp finely grated grapefruit zest
60ml grapefruit juice
2 tbsps currants
2 tbsps toasted pine nuts

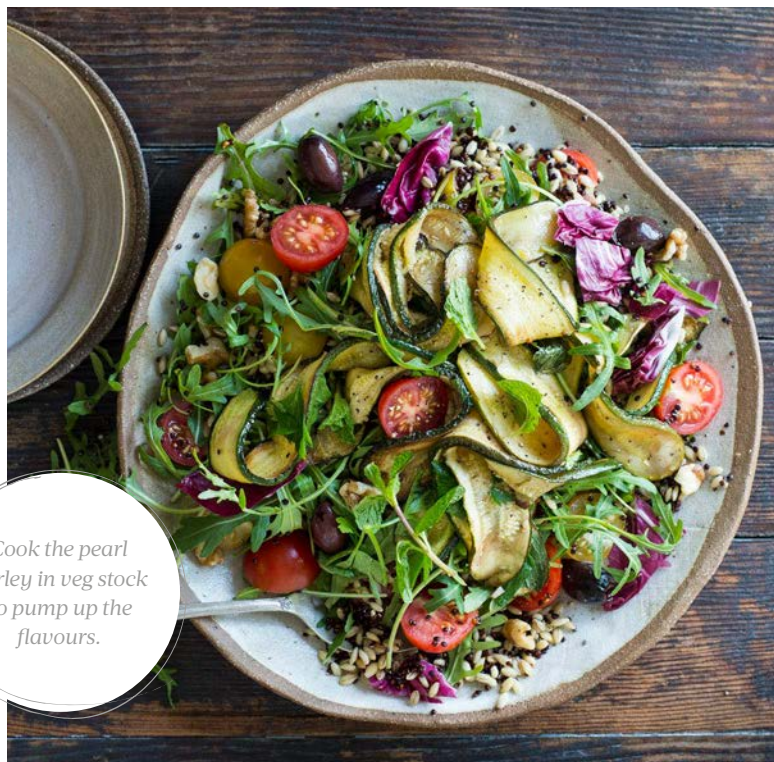
1 Preheat the oven to 200°C/400°F/gas 6. Bring a large pot of water to the boil and blanch the beetroot for 10 minutes. Drain in a colander and when cool enough to handle, peel and halve. Peel the

sweet potato and cut into chunks the size of the beetroot pieces. Slice the onion into thick wedges and put into a roasting pan with the beetroot, sweet potato, balsamic vinegar, oil, and grapefruit zest and juice.

2 Tumble everything together and roast for about 25-30 minutes, or until the vegetables are crisp-tender and slightly caramelised.

3 Remove from the oven and sprinkle over the currants and pine nuts. Give the pan a few quick sharp tosses and serve.

»



Cook the pearl barley in veg stock to pump up the flavours.

Mixed grains salad with marinated courgettes

Slow-cooking barley combines with quick-cooking quinoa in this refreshing and vibrantly coloured salad influenced by Italian and Greek cuisine. The grains soak up the bold flavours, giving the dish bite and substance.

✂ Serves 6

🕒 Prep 40 minutes

Cook 60 minutes

Marinated courgettes

6 small courgettes
60ml olive oil
sea salt flakes and freshly ground pepper
2 garlic cloves, crushed
60ml red wine vinegar
1 tbsp caster sugar
3 tbsps torn mint leaves
3 tbsps torn parsley

Mixed grains salad

200g pearl barley, cooked
200g quinoa, rinsed and cooked
150g halved red cherry tomatoes
150g halved yellow cherry tomatoes
60g pitted black olives
60g walnut halves

4 large radicchio leaves, roughly torn
2 handfuls torn pale inner leaves of curly endive or rocket
sea salt flakes and ground pepper
80ml extra virgin olive oil
1 tbsp red wine vinegar

1 Wash, trim and cut the courgette lengthways into 8mm thick slices.
2 Working in batches, heat 2 tbsps of the oil in a sturdy non-stick frying pan over medium-high heat.
3 Arrange the courgettes in a single layer in the pan and cook for about 3 minutes on each side, until well browned. Remove from the pan, arrange in a shallow dish and sprinkle lightly with salt and pepper.
4 Warm the garlic, vinegar and sugar in a small pan and pour over the courgette. Scatter with mint and parsley, toss lightly and leave at room temperature for 1 hour before serving.
5 For the salad, put the barley, quinoa, tomatoes, olives, walnuts, radicchio and curly endive in a large bowl, adding salt and pepper to taste. Whisk the oil and vinegar together until emulsified, pour over the salad and toss lightly. Serve the salad topped with marinated courgette.

There are several qualities of mirin, so choose a mid-range one. It will be impossible to produce the lovely glaze using low-end, artificial mirin. If you are stuck, sake sweetened with sugar is an acceptable substitute.

Roasted celeriac and carrots with mirin and apple juice glaze

When roasted, these hero vegetables become tender, boasting crisp caramelised edges. This is a particularly felicitous combination of roasted veg enlivened with a zing of ginger and refreshing mint, but any root vegetable can be teamed with celeriac – parsnip, swede, turnip or beetroot.

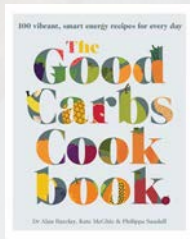
✂ Serves 6

🕒 Prep 20 mins

Cook 30 mins

1 medium celeriac, peeled
5 medium carrots, scraped
2 tbsps olive oil
sea salt flakes and freshly ground pepper
125ml mirin
125ml apple juice
1 garlic clove, crushed
2 tps finely grated ginger
a few mint leaves

1 Preheat the oven to 180°C/350°F/gas 4.
2 Cut the celeriac and carrots into even-sized chunks and put in a large baking dish. Drizzle over the oil, sprinkle lightly with salt and pepper, and toss the vegetables together. Roast for about 25 minutes, or until tender and starting to brown.
3 In a bowl, whisk together the mirin, apple juice, garlic and ginger, and then pour this over the vegetables.
4 Toss lightly to coat and then continue to roast for a further 10 minutes, or until the vegetables are well glazed. You may have to give them a gentle push around the pan to glaze evenly. Sprinkle with the mint just before serving. »



RECIPES EXTRACTED FROM
THE GOOD CARBS COOKBOOK
BY DR ALAN BARCLAY,
KATE MCGHIE AND PHILLIP
SANDALL. IMAGES © ALAN
BENSON (MURDOCH BOOKS,
£16.99).



Eat yourself *clever*

Some foods are good for your health – and some are good for your brain too. Try these tasty recipes and give your mind palace a polish

Chargrilled corn, courgette and tomato salad with nuts

✂ Serves 4 as a side dish

3 sweetcorn cobs, husked and silk removed
1 courgette
70g cherry tomatoes
½ bunch coriander, leaves and stems
2 spring onions
110g black beans, cooked
60g walnuts, toasted and chopped
1 avocado
1 fresh red chilli, seeds removed and sliced

Creamy tahini lime dressing

3 tbsps tahini
60ml lime juice (from 1-2 limes,

depending on how juicy they are)

1 tsp maple syrup
1 tsp sesame oil
1 garlic clove, crushed
pinch of chilli powder

1 Preheat a barbecue or chargrill pan to hot and grill the corn until it just starts to turn a golden colour, turning several times to get a nice even charring.

2 When the corn is cool enough to handle, put the tip into a bowl and hold the stalk with your fingers. Use a sharp knife to cut the kernels off the cob and into the bowl. Discard the cob and set aside the kernels.

3 Finely chop the courgette into pieces

about the same size as the corn kernels. Add this to the corn. Halve the cherry tomatoes, finely chop the coriander and spring onion and add those to the bowl along with the black beans and walnuts. Halve and slice the avocado and gently place the slices around the top of the salad. Finish with the chilli slices.

4 To make the dressing, mix all the ingredients in a small bowl and whisk together until well combined. Season with salt and pepper if needed. Add some water, a tbsp at a time, until you get a thin pouring consistency, like cream.

5 Drizzle it over the salad and boom!

»

A photograph of two white ceramic bowls filled with a vibrant yellow soup, likely pumpkin or squash soup. The soup is garnished with a cluster of green pumpkin seeds and a few golden-brown croutons. The bowls are placed on a rustic, blue-painted wooden surface. In the background, a small dark bowl also contains more seeds. A circular callout in the upper left corner provides serving suggestions.

Serve with
crusty French
bread or fried
croutons for a
filling supper.

BETTER BRAIN FOOD BY
NGAIRE HOBBS (MURDOCH
BOOKS, £17.99). IMAGES ©
ALAN BENSON.

Turmeric, pumpkin and sweet potato soup

✂ Serves 4

40g pumpkin seeds (pepitas)
80ml coconut oil
4 garlic cloves
300g pumpkin, peeled and chopped
½ red onion, finely chopped
1 tbsp ground turmeric, or 2 tbsps freshly grated
1 tbsp freshly grated ginger
½ tsp pepper
1 litre vegetable stock or water
270ml tin coconut milk

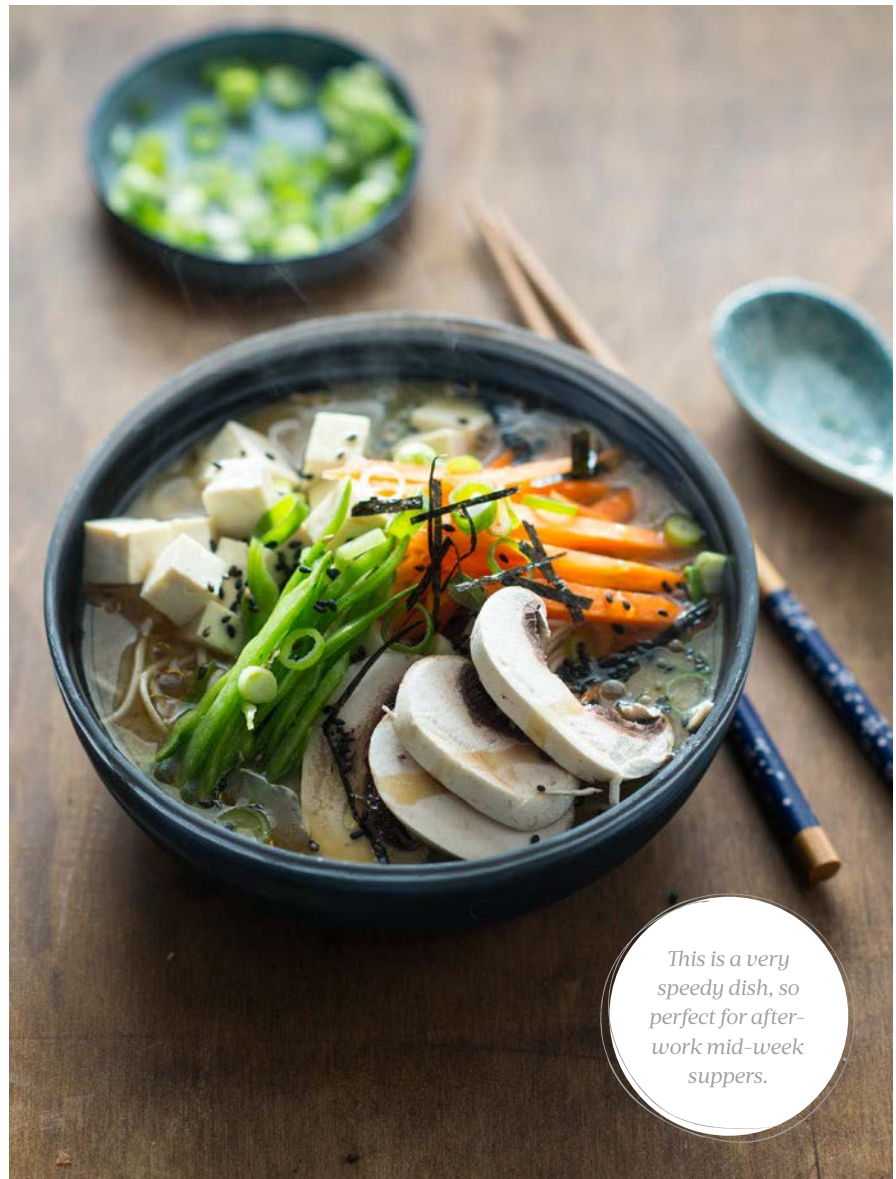
1 First make the toppings for your soup. Heat a small frying pan over medium heat and dry-fry the pumpkin seeds until they start to colour and pop. Remove from the heat, transfer the seeds to a small bowl and set aside.

2 Melt 2 tbsps of the coconut oil in the same frying pan over medium heat, add the garlic, reduce the heat to low and fry the garlic until it just starts to turn golden. Quickly transfer to a plate lined with a paper towel and set aside.

3 In a large heavy-based saucepan, melt the remaining coconut oil and add the chopped vegetables. Cook over medium heat until the onion has softened and the vegetables are starting to colour. Add the turmeric, ginger and pepper, and stir and cook for a few moments. Add the stock, increase the heat and bring to the boil. Reduce the heat to a simmer and cook until the vegetables are completely soft.

4 Remove from the heat and use a stick blender to purée the vegetables until you have a smooth soup. Return to medium heat, add the coconut milk and cook until just returning to the boil, then reduce the heat and simmer for a few minutes until ready to serve. Season with salt and pepper if desired. (The amount of salt you will need depends on whether you used vegetable stock or water).

5 To serve, ladle the soup into bowls and scatter the pumpkin seeds and crispy garlic over the top.



This is a very speedy dish, so perfect for after-work mid-week suppers.

Tofu and miso broth

✂ Serves 2

160g soba noodles
4-5 tbsps miso paste
200g firm tofu, cut into 2cm cubes
155g carrots, cut into matchsticks
75g mushrooms, stalks removed and thinly sliced
2 spring onions white and green parts separated, thinly sliced
2 tbsps sesame seeds, toasted
1 nori sheet, cut into small slivers
sesame oil, to serve

1 Cook the noodles according to the

directions on the packet and set aside.

2 Fill a medium saucepan with 2 litres of water and stir through the miso paste over medium-low heat until the miso has dissolved. Add the tofu, carrot, mushrooms and the white part of the spring onion and cook until warmed through.

3 Divide the noodles between 2 soup bowls, ladle the broth into the bowls and add the vegetables and tofu. Top with the nori slivers, the green part of the spring onion and the toasted sesame seeds. Drizzle with sesame oil to serve.

QUICK *bites*

The latest and greatest products, vegan pizza tried and tested, and how to feed a crowd. Kelly Rose Bradford sorts out your cupboards this month

VL RECOMMENDS

Live up your foodie life with these new zingers

1 PANA RAW VEGAN CHOCOLATE

Pana is the most authentic tasting raw chocolate we've tried in a while, and the latest flavour combo, strawberry and pistachio, is a real treat for the taste buds.

○ £3.90 for 45g, panachocolate.com



2 MINDFUL CHEF VEGAN FOOD BOX

Healthy food delivery service Mindful Chef have added a vegan box to their range. Choose up to five meals online, and all the ingredients and recipe cards will be delivered to your door, ready for you to make at home. High quality produce and restaurant-style menus make this a real vegan find.

○ From £6-£9 per portion, mindfulchef.com

3 ABAKUS FOODS JUJUBE CRISPS

Super sweet and packed with vitamin C, these dried red date snacks are brand new to the UK, and are perfect for lunch boxes and desk drawers. They also come in a whole dried fruit variety. Just the thing for a sugar craving.

○ £1.79 for 20g bag, abakusfoods.com, Budgens & Whole Foods.



4 TESCO BEETROOT BURGERS

A wholesome blend of beetroot, red quinoa, chickpeas and cooked red rice



mixed with miso soup paste, these new vegan burgers from Tesco are gluten-free and super filling. Particularly great mashed in a pitta bread or served whole in a burger bun. Look out for their new vegan mushroom burgers, too.

○ £2.25 for two, Tesco.



5 ALMOND BREEZE NUTRI+ CALCIUM

Almond Breeze Nutri+ Calcium is the latest almond-based plant milk from Blue Diamond Almonds. The first of its kind in the UK, this milk substitute is fortified with vitamin B12, and has 50 per cent of your recommended daily calcium in one 200g serving.

○ £2.40 per litre, Waitrose.



EVERYBODY FREEZE! NEXT TIME YOU MAKE UP A BATCH OF **PANCAKES**, USE LEFTOVER BATTER TO MAKE EXTRAS FOR THE FREEZER. ONCE COOKED, FREEZE ON BAKING PAPER, THEN PUT IN FREEZER BAGS WITH A SHEET OF PARCHMENT BETWEEN EACH PANCAKE. REHEAT IN THE MICROWAVE FOR A SPEEDY BREAKFAST OR SNACK.





Approximate
price per head:
£2.37.

FEED A CROWD

FRUITY VEGAN CHEESECAKE

✂ Serves 4

175g biscuit crumbs
4 tbsps maple syrup or agave nectar
225g firm silken tofu
225g vegan cream cheese
1 tbsp lemon zest
1 ½ lemons, juiced
120g icing sugar
1 tbsp cornflour
2 tbsps soya or other plant milk
600g (1 and a bit tins) of cherry fruit filling

(or tinned fruit filling of your choice)

1 Preheat oven to 180°C/350°F/gas 4.
2 Combine biscuit crumbs and maple syrup/agave nectar and press into a 23cm pie tin. Bake for 5 minutes.
3 Put the tofu, vegan cream cheese, lemon zest and juice and icing sugar in a blender. Mix the cornflour into the plant milk until dissolved. Add to the other ingredients in the blender, and blend until smooth.
4 Add blended ingredients to part-

baked base, and bake for a further 25 minutes at 180°C, then for an extra 15 minutes at 170°C.

5 Allow to cool on a wire rack, before chilling for several hours.

6 Carefully invert the base onto a plate, before inverting again onto your serving plate.

7 Pour the fruit filling over the top, add any preferred extra touches such as blueberries, and serve.

Adapted from allrecipes.co.uk

Speedy swaps

CLASSIC RECIPE:
SPINACH
AND RICOTTA
CANNELLONI,
MADE WITH ITALIAN
WHEY CHEESE.

SWAP: Follow the usual recipe, but add silken tofu blitzed in the blender with a few drops of lemon juice, pepper and salt in place of the ricotta.



Yes Vegan!



Robert Walter, 31, from London, works for a natural food retailer. He has been vegan for six months and loves trying new dishes

Monday

I always have the same breakfast during the week – granola or muesli with a mixture of raspberries, blueberries and goji berries. For lunch, I had a falafel and beetroot salad with shelled hemp. Dinner was a tasty and filling home-made vegan casserole with aubergine, peppers, carrots, celery, shelled hemp and lentils. My girlfriend and I were both vegetarian before becoming vegan, so transition wise, we have found it fairly easy.

Tuesday

Began the day with my usual granola and fruit breakfast, followed by some leftover vegan casserole from Monday night. For dinner, we had a vegan pizza with Scotch bonnet peppers from the pizza delivery company, Basilico. They have a couple of pizzas they can veganise for their customers. I am finding generally that because there are so many substitutes available for the animal products we used to enjoy, sourcing good food is not a struggle.

Wednesday

Granola with berries as usual for my breakfast, then a ready-made vegan curry pot from BOL for lunch. I followed it up with a Creative Nature protein bar for dessert. Dinner was a stir fry with vegan noodles, veg and smoked tofu.

Thursday

Leftovers from Wednesday's stir fry and noodles for my lunch. For dinner, we made a tasty vegan curry with chickpeas,



cauliflower and sweet potato, and served it with brown rice.

Friday

I started the day with granola and fruit and berries, and heated up the remains of last night's chickpea curry for lunch. We eat a lot of leftovers! In fact, our reason for becoming vegan was down to environmental issues as well as animal welfare, and we save money and waste nothing this way. Dinner was just a simple vegetable soup.

Saturday

Weekend breakfast, so no granola today. Instead, I whizzed up a fruit smoothie with maca powder. We had lunch out – a 'chicken' (seitan) sandwich from Temple of Hackney, London's first vegan 'chicken' shop, and then some vegan ice cream for pudding. In the evening, we had Fry's vegan burgers with potato wedges and a salad for our dinner.

Sunday

Another smoothie-based breakfast. Lunch and dinner was roasted vegetables – a mixture of asparagus, peppers, aubergine, tomatoes. With all this veg, it's probably no surprise that since changing to a plant-based diet, my energy levels have really increased.
*creativenaturesuperfoods.co.uk





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TRIED AND TESTED: VEGAN PIZZA

Vegan pizzas are not the easiest to come by in the supermarket, but we've tracked down four which deliver on both taste and plant-based credentials.

VBITES, CHEEZLY AND TOMATO PIZZA

Excellent freezer staple that you can make your own with extra veg. Their meatless feast, and 'ham' and pineapple are also worth stocking up on, too.

○ £2.79, vbitesfoods.com



WHITE RABBIT PIZZA CO, VEGANA

Organic and gluten-free, White Rabbit's 'Vegana' is topped with tasty vegan cheese, vegan pesto and cherry tomatoes. We loved the thin, crispy base.

○ £5.99, whiterabbitpizza.co.uk

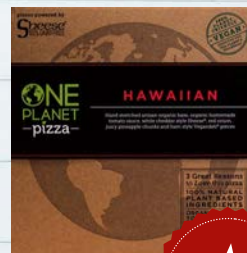


ONE PLANET PIZZA

Made by the UK's first frozen vegan pizza company, this pizza ticked every box, from taste to eco-credentials.

You can choose lots of topping options, but the Hawaiian variety impressed even the meat eaters at our tasting. Our winner.

○ £5.25, oneplanetpizza.com



VALSOIA, DAIRY-FREE PIZZA WITH VEGETABLES

Great value frozen pizza, with a smattering of vegan cheese and decent amount of veg (which kept its flavour and texture after cooking). Crispy base with plenty of bite.

○ £3.73, ocado.com



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BEAUTY CARE

When you're a committed vegan, how can you be sure the hair and beauty services you use are doing no harm?

Find a vegan salon, of course. Amy Pay meets the plant-based gurus who are changing the industry

 ver the past few years, there's been a noticeable rise in the popularity of vegan and cruelty-free beauty and haircare. With The Vegan Society certifying goods free from animal-derived ingredients and Cruelty Free International labelling those which cause no harm to animals, hair and beauty products emblazoned with 'vegan' and 'cruelty-free' are available in supermarkets and department stores across the UK.

'Using a product that is registered with the international Vegan Trademark is the most straightforward way to know that it is vegan, and to ensure your pampering isn't hampering the fight to end animal testing and animal use,' says Abigail Stevens, who is Trademark Relations Officer at The Vegan Society.

There are two things to look for if you want to be sure your products are vegan: animal testing and animal-derived ingredients. These can be

well-hidden on labels, using chemical names and formulae, so it's worth checking on PeTA's website (peta.org).

But when it comes to trusting a salon, even more research may be required.

'We register individual products as vegan, rather than businesses,' says Abigail Stevens, 'but among these products are salon-professional beauty brands including Maria Nila, which can be bought online and taken along to your hair appointments – unless you're lucky enough to have a local salon which uses the brand.'

And fortunately, the rise in veganism has led to a relatively new market within the beauty industry: plant-based hair and beauty salons. So in an industry awash with chemicals and animal testing, how do they stay ethical?

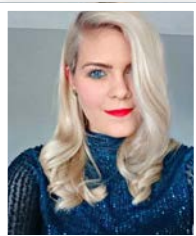
Here, the owners of three different vegan-friendly hair and beauty salons explain how they started, why they support cruelty-free living and how they ensure that they give their customers the vegan-friendly service they promise.





NATASHA WRAY, 26

OWNER OF BODHI HAIR AND
BEAUTY, NOTTINGHAM
BODHIHAIRANDBEAUTY.CO.UK



'I thought about opening a vegan salon for a while as there wasn't one in Nottingham. Back when I was training, one of the brands I worked with lied about using animal

products. Since then, I've made sure I don't put money in the pockets of companies that aren't cruelty-free.

Bodhi Hair and Beauty opened this April.

It's set in a characterful old coach house with original features, so transforming the building was really hard. Most days in the run-up, I was painting and supervising plumbers and electricians from early morning to late in the night. I thought the transformation would be easier than getting customers through the door, but it's actually been the opposite!

Finding products for the salon has been fairly easy. I started out with recommendations from vegan friends. I also researched brands on the internet, and the staff at a London vegan salon called The Rabbit Hole kindly introduced me to Organic Colour Systems. I'm confident that I've found the best products.

We offer haircuts and colour, manicures, pedicures, nail gels, massage, tinting and waxing – all of which use entirely vegan products. Soon we'll be doing cruelty-free spray tans and microdermabrasion too. Our two qualified beauty therapists aren't vegan, but they are very good at their jobs and respect other people's wishes, so it's no problem for me.

Ultimately, I don't want people to feel they have to be vegan to come here; I want the quality of our work to shine through more than anything. Many customers come because they want organic hair colour as they have sensitive skin, while others simply don't like the idea of animal testing.

We've had nothing but positive reactions.

5 VEGAN-FRIENDLY BEAUTY SPOTS

Astaya Hair Organic Salon, Birmingham

Vegan hair salon with two sites in the city. purohair.co.uk

The Rabbit Hole, Shepherd's Bush, London

Proudly vegan hair salon, by appointment only. therabbitlondon.com

Lush Spa, various UK cities

Relaxing treatments provided by popular cruelty-free brand. lush.co.uk

Cuttlefish Eco Salons

Fully cruelty-free haircare using mostly vegan products. cuttlefishecosalons.com

WAH Nails, Soho, London

Nail brand with salon offering a huge range of vegan polishes. wah-nails.com

‘THE PASSION AND LOYALTY FROM OUR CUSTOMERS HAS BEEN SO VERY HUMBLING.’

The passion and loyalty from our customers has been so humbling. People realise that supporting small businesses like us helps make for a better world, not just for animals, but also for the environment.’

LLEWELYN THOMAS, 45

FOUNDER OF THE BUDDHA BEAUTY CO, MANCHESTER
BUDDHA-BEAUTY.COM



‘As Buddha Beauty, we’ve been making vegan skincare products for over seven years now, but back in 2014, when

our range expanded, it seemed like a natural progression to open our salon. Every business can be hard-going, but having our pre-existing client base to begin with made things easier.

When looking for a place, Chorlton seemed like a vegan-friendly area with lots of people choosing ethical lifestyles. It even had a wholefood outlet, Unicorn Grocery, so we knew we were in the right area! When we first opened we weren’t vegans ourselves, but after visiting vegan events and seeing how our vegetarian lifestyle impacted on animals, we realised the truth and took the step to

become vegans.

I’ve always thought it’s important that salons do their research when it comes to products and brands. Many companies add unnecessary animal products to their blends, but we make our skincare products so have full control over exactly what goes into them, and we ensure all of the products we buy from external suppliers – such as eyebrow tint – are vegan and cruelty-free.

Our customers and new staff recruits really embrace what we offer, and we’ve seen steady growth over the past three years. As vegans and non-vegans, they appreciate what we do and share similar values. We’ve just put a tender in place for a second premises that’s four times bigger than our original site, which is really exciting. With the sharp increase in people searching for vegan products and services recently, I can only imagine we will get busier!’

TIFFANY HALL, 27

CO-DIRECTOR OF AMARYLLIS SALON, CARDIFF
AMARYLLIS-SALON.CO.UK

‘My co-director Becky and I opened the salon in 2014. We have very strong beliefs when it comes to looking after the environment, and feel everyone should do their bit to help.

Like many salons that focus on sustainability and veganism, we invest a lot of time and effort into sourcing the best products for our clients’ hair as well as the environment.

In the long term, using products that contain sulphate and parabens is not good for your hair. When we started we knew about Davines – an environmentally-friendly, cruelty-free beauty and haircare company – that we use exclusively. Both the staff and clients love it, and Davines gives us a lot of support to ensure we have full knowledge about sustainability and cruelty-free products.



Running the salon has been hard and testing at times. Fortunately, me and Becky work so well together and constantly bounce ideas off each other.

Our wider team members, two of whom are vegan, have worked together for about ten years. We all firmly believe in giving top quality service, from the hair colour to the drinks, and even the vegan chocolates. We’re constantly working to make the salon better for our clients.

It’s a way of life for us, not a fad.’

Use your grain

Want to get some wholefood into your diet? These delicious dinners all contain gorgeous grains, and are so tasty you'll barely notice how healthy they are

Indian-style couscous

✂ Serves 6

3 tbsps olive oil
4 tsps curry powder
1 large onion, finely sliced
4 garlic cloves, finely sliced
3 carrots, peeled and cut into medium-sized pieces
2 turnips, peeled and cut into medium-sized pieces
4 potatoes, peeled and cut into medium-sized pieces
2 courgettes, diced
1 litre water
1 tsp vindaloo curry paste
200g cooked chickpeas
125g curried tofu
600g medium grain couscous

fresh coriander
salt and pepper

1 Heat the olive oil over high heat in a large saucepan or casserole. Add the curry powder, onion, garlic, carrots and turnips. Cook over high heat for a few minutes, stirring.
2 Lower the heat to medium and add the potatoes and courgettes. Cook, stirring, for at least 5 minutes. Add the water and the vindaloo curry paste. Season to taste and cook for 20 minutes.
3 Add the chickpeas and the tofu. Cook for a further 5 minutes. Serve with steamed couscous and sprinkled with chopped fresh coriander. »





Red peppers stuffed with buckwheat, tofu and olives

✂ Serves 4

125g husked buckwheat
2 tbsps olive oil
125g firm tofu
1 shallot, finely diced
40g pitted green olives, sliced horizontally
1 tbsp chopped parsley
1 garlic clove
1 pinch Espelette pepper
2 large red peppers
salt and pepper

1 Cook the buckwheat in a saucepan with twice its volume of water over low heat for about 30 minutes. It should be just tender but not too soft. Drain and refresh under cold running water.

2 Heat the olive oil in a frying pan over high heat. Sauté the tofu with the shallot, olives, parsley and garlic. Generously season with pepper. Sauté, stirring often until the tofu and olives are lightly browned. Taste for pepper and seasoning.

3 Wash the peppers, cut them in half and stuff with the mixture. Place on a baking tray and bake for 20 minutes at 240°C/475°F/gas 9.



RECIPES EXTRACTED FROM
THE VEGAN BIBLE BY MARIE
LAFORÊT, GRUB STREET
PUBLISHING £25





To make gluten-free breadcrumbs, whizz crispy gluten-free bread (made with buckwheat, maize flour, chestnut flour, etc.) in a food processor.



Quinoa flake and vegetable croquettes

✂ **Makes 12 croquettes**

150g quinoa flakes
 50g brown rice flour
 50g raw, grated vegetables (carrot, courgette, sweet potato, squash, etc.)
 400ml non-dairy milk
 1 tbsp sesame oil
 1 tbsp chopped chives
 1 tsp dried wild garlic
 salt and pepper
 gluten-free breadcrumbs
 vegetable oil for cooking

1 Put the flakes, flour, grated vegetables, milk, sesame oil, chives and garlic in a

saucepan and mix together. Turn the heat to high and cook, stirring continuously, until the mixture becomes very thick and is difficult to mix. Remove from the heat.

2 Spread the breadcrumbs on a plate. Take a small amount of the mixture. Roll it between your hands and shape into a ball. Roll between your hands again to make a cylindrical shape and flatten the ends. Roll each croquette in the breadcrumbs.

3 When all the croquettes are ready, heat enough oil to cover the bottom of a frying pan and brown them. When they are done, place them on kitchen paper to drain off any excess oil.

‘We did everything the long way round – it’s been a learning curve’

Bethany Eaton used to be a police officer. Now, she’s the successful founder of CoYo dairy-free yogurt. She explains how she did it, and what’s next

‘I never set out to be an entrepreneur,’ begins Bethany. ‘I used to be a police officer in Hackney, working long shifts and in the end, I became quite unwell,’ she recalls. ‘I was very tired and I wasn’t eating well, so I went to see a nutritionist and it changed my life.’

She decided to study nutrition over a five-year period, and cut back her police hours. She also managed to have a baby, Megan, while she studied for her degree. ‘It was a bit full on at times,’ she understates.

After graduating, she practised at London’s prestigious Hale Clinic. ‘My speciality was digestive issues – which I suffered with myself – because I was allergic to dairy. I used to get good results with clients, but back in 2010 there was hardly anything on the market apart from soya-based products.’

Thinking about the issue led her to research alternatives. ‘I wanted something that tasted good that didn’t have loads of rubbish in it. I rang Wholefoods virtually every week asking if they had a coconut yogurt in, as I knew there was one available in America, but they never did.’

It was this frustration that led Bethany to turn to her husband Paul in the garden one day, and say ‘why don’t we make it ourselves?’ He then worked full-time in the police force, while Bethany juggled motherhood with her work as a nutritionist.

‘We’d never been in the food business, but I’d been looking into it for so long, I’d inadvertently done all my own research,’ she laughs.

Bethany and Paul started out trying to make coconut-based yogurt in their London kitchen, as ‘I’d always played around with dairy-free recipes, fermenting yogurt with vegan cultures and probiotics, but to do



it on a commercial scale was impossible from our kitchen.’

Eventually, they googled manufacturers worldwide and came across Australian start-up CoYo, who were attempting to do something similar.

‘I didn’t realise when I rang that it was the middle of the night there,’ she laughs, ‘but Sandra, who’s in her 70s, answered and let me explain who I was and my hope to bring the product to the UK.’

They eventually met Sandra and her partner in Paris, and agreed to develop the product jointly.

‘We found a manufacturer, and they started making the yogurt for us, so we needed to think about marketing it,’ says Bethany. ‘I used to go to a women’s networking group and met a woman who gave me a few contacts for buyers.’

Like any start up, getting CoYo off the ground was hard work. ‘Paul had gone part-time, and by launch, we had two children – James is the same age as the business! It launched in late 2011 and we were stocked >>

CoYo now comes in five flavours and a new ice cream range is available, too.





in shops by February 2012,' she says. Luckily, Bethany's dad, a designer, helped with the packaging, and she and Paul would label the pots themselves. 'It was really the long way round,' she says, 'we'd never done anything like it before.'

To raise funds for the business, they even re-mortgaged their house, 'we spent all our money and savings – we did it on a shoestring.' But never once did she worry that the new business was a mistake. 'I believed in the product, I'm passionate about it, and I think that came across when I was talking to buyers.'

The feedback was instantly good. Planet

Organic took a batch immediately, and Wholefoods followed, but Bethany's aim was to get CoYo into Waitrose, too. 'I rang John Lewis before we launched and the exact guy I wanted to get hold of picked up the phone. It turned out he loved coconut. He told the Waitrose buyer, and we got in.'

More recently CoYo was taken on by Tesco, and has just launched in Sainsbury's. 'It's been hard work but so exciting.'

The couple still develop new flavours in their own kitchen, and now have a range of five including Morello cherry, vanilla, chocolate and salted caramel.

'They're all vegan and refined-sugar-free.

'At first, we tried to do too much at once – but now we have a really good team. Paul and I work well together.'

Our salted caramel is made with coconut milk and Himalayan salt. We come up with them in the kitchen and the supplier makes them to our recipe,' she says.

Now the brand is widely known in both the vegan and dairy-free food sectors, but it's been a very long learning curve, Bethany admits.

'We've made mistakes – one of our main ones was doing too many things at one time,' she says. 'In 2014 we decided to take manufacturing in-house – we moved everything and set up the new factory, but we changed all our packaging at the same time, which meant we had to repackage everything ourselves during the changeover. It was a silly mistake and I was extremely stressed.'

'But now we have a really good team, they deal with all the manufacturing. Paul's now left the police, he retired this year, and now he's full-time in the business.'

'We work well together – we have our arguments and disagreements,' she admits, 'but it's nice because we can be there for the children too. We have a big, open plan office now for us and the team – it's funny to think it started with just me and Paul in our kitchen.'

They've just launched Nush, a range of almond milk yogurts, and the CoYo ice cream range launches soon. 'I'm very proud of what we've achieved,' says Bethany. 'CoYo is a true vegan product, made in a dairy-free factory. It's good for cooking with, a lot of vegan chefs use it – but the main thing is, I'm so glad we've been able to give people a choice.' 🍓

» coyo.com



Chinese food isn't known for its vegan options – but you might be pleasantly surprised by these plant-based delights. Serve with steaming green tea

BIG TASTE IN *little China*

Salt and pepper tofu

The combination of salt, pepper(s), sugar and chilli makes an addictive, crisp coating for the tofu cubes, yielding to the soft, silky insides.

✂ Serves 4 as a side dish or 2 as a main

1 block (about 340g) firm tofu
cooking oil, for deep-frying
cornflour, for dusting
1 tsp ground white pepper
½ tsp Sichuan peppercorns,
toasted and finely ground
1 tsp sugar
1 tsp salt flakes
3 garlic cloves, very finely chopped
3 large chillies, red and green, thinly
sliced into rings – use bird's eye chillies
if you prefer them hotter
2 large spring onions, halved lengthways
and sliced into 2.5cm pieces
a few sprigs of fresh coriander
wedge of lime

- 1 Pat the tofu dry with kitchen paper, then cut into 1cm cubes.
- 2 Pour 4cm oil into a wok or saucepan and heat to 180°C / 350°F/gas 4, or until bubbles appear up the sides of a wooden chopstick when inserted into the hot oil.
- 3 Dust the tofu cubes in the cornflour, then slip into the oil, 5 or 6 at a time. Gently stir them with chopsticks or a metal spatula to prevent them from sticking. They should be crisp and golden after about 5 minutes.
- 4 Remove with a slotted spoon and drain on kitchen paper. Return the oil to temperature before frying another batch.
- 5 While the tofu is frying, mix the 2 peppers, sugar and salt together in a small bowl. When all the tofu cubes have been deep-fried and left to drain, pour off all but 2 tbsps of the oil from the pan. Reheat the pan over a high heat. Add the garlic, chilli rings and spring onions and stir-fry for about 15 seconds until fragrant.
- 6 Add the tofu and sprinkle in the ground seasonings as you are cooking it. Cook for 1-2 minutes until golden, stirring constantly.
- 7 Transfer the tofu, along with all the bits in the pan, to a plate. Serve immediately, garnished with a few coriander sprigs and a lime wedge.

Cabbage in vinegar sauce

Cabbage. Not exactly a sexy word, is it? To most, cabbage evokes memories of an over-cooked pile of sludge at school dinners, but this dish is anything but. Bright green leaves stir-fried to just tender are perked up with this tangy sauce.

✂ Serves 4 on the side or 2 as a main

About 600g Chinese cabbage
(Chinese leaf)
2-3 tbsps cooking oil
2 tps Sichuan peppercorns
a few dried chillies, deseeded
and cut into small pieces
small piece of fresh root ginger,
peeled and finely chopped
3 garlic cloves, very finely chopped
1 heaped tbsp chopped spring onion,
white parts only, green parts
reserved and finely sliced

For the sauce
2½ tbsps Chinkiang black vinegar or
other good-quality Chinese vinegar
1 tbsp sugar
½ tsp salt
2 tps light soy sauce
1 rounded tsp cornflour
1 tbsp cold water

- 1 Mix all the sauce ingredients together and set aside.
- 2 Bring a saucepan of water to the boil and blanch the Chinese cabbage in it for 1 minute, then drain well.
- 3 While the cabbage is still hot, heat the oil in a wok and fry the Sichuan peppercorns until the oil is fragrant, then remove them with a slotted spoon. Then fry the dried chillies until they are brown but not burned. Add the ginger, garlic and spring onion whites, and stir-fry briefly. Add the blanched cabbage and stir-fry until heated through. You want to do this at a high heat to get some smoky flavour into the vegetables.
- 4 Add the sauce and stir-fry until the sauce has thickened.
- 5 Place the vegetables on a plate and garnish with the spring onion greens.





EXTRACTED FROM
CHINATOWN KITCHEN BY
 LIZZIE MABBOTT IMAGES
 © DAVID MUNNS
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 OCTOPUSBOOKS.CO.UK



Black sticky rice with mango

The traditional Thai dessert is sticky rice with mango made with white glutinous rice, but this works equally well. The black glutinous rice makes a dramatic dish, especially when offset by the vibrancy of the colourful fruit. You can turn this into a breakfast or brunch dish by adding sunflower seeds, pumpkin seeds and orange segments. Experiment with different fruit, like strawberries, dragonfruit or blueberries.

✕ Serves 4

3 pandan leaves, tied in a knot, or 1 tsp vanilla extract
100g black glutinous (sticky) rice, soaked in cold water overnight and drained
3 tbsps desiccated coconut
70g palm sugar
1 large ripe mango
150ml coconut milk
3 tbsps pomegranate seeds

1 Bring 500ml of water to the boil in a large saucepan and add the pandan leaves or the vanilla extract.
2 Add the rice and simmer for 40 minutes

on a medium heat without the lid, stirring every 10 minutes, until the grains are soft and most of the water is absorbed. Some grains may have split, which is OK. Stir well and set to one side. If it's looking quite wet, drain off the water.

3 Meanwhile, toast the desiccated coconut in a nonstick dry frying pan on the lowest heat, stirring often, for 10 minutes until it is golden brown and crumbly. Grind in a food processor or spice or coffee grinder until it is a fine texture.

4 Heat up 200ml water in a small saucepan and add the palm sugar, stirring until it has dissolved. Bring to a simmer on a medium heat and simmer for 5 minutes, then take off the heat, so that you have a rich syrup. Stir into the cooked rice.

5 Peel the mango skin away from the flesh and, using a sharp knife, cut the mango flesh into wedges from either side of the stone. Warm the coconut milk briefly in a small saucepan.

6 To serve, divide the rice between 4 individual bowls and drizzle with the coconut milk. Place a few mango wedges on the side, then sprinkle with the pomegranate seeds. Lastly, sprinkle with a pinch or two of the toasted coconut.

WELCOME TO THE SUPERBOWL

There's nothing more satisfying than a bowl full of goodness. Try these new recipes from Bowl Food, and enjoy comfort food without the guilt

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Moroccan pumpkin stew

Fragrant spices have multiple health benefits and this North African-influenced dish is a great way to introduce a sweetness that negates the craving for dessert. You can easily purchase a ras el hanout spice blend or make your own, to coat the protein and mineral-rich amaranth and chickpeas.

✕ Serves 4

150g mixed salad leaves
2 tbsps coconut or olive oil
1 red onion, chopped
2 garlic cloves, chopped
4 tsps ras el hanout
225g amaranth
200g dried chickpeas, soaked overnight in cold water

1 large sweet potato, cubed
1 pumpkin – you will need 735g cubed flesh
¼ teaspoon sea salt
65g raisins
90g toasted flaked almonds
sea salt and freshly ground black pepper, to taste
sprigs of coriander, to garnish (optional)

1 Gently heat the oil in a large pan, add the onion, garlic, and spice and sweat over low heat for 5 minutes.

2 Meanwhile, put the amaranth into a pan with 500ml of water. Bring to the boil, then simmer for 20 minutes. Take off the heat and allow any remaining water to be absorbed.

3 Drain the chickpeas and add with the chopped sweet potato and pumpkin to the pan containing the onions. Add 750ml of water, cover, and simmer for 15 minutes. Stir thoroughly, then add the salt and raisins and simmer for a further 5 minutes.

4 Season the amaranth to taste and stir in three-quarters of the almonds. Serve with the pumpkin stew, garnished with the remaining almonds and sprigs of coriander.

If you can't get
amaranth, try
barley or quinoa for
a grainy twist.





Sweet potato noodles with broccoli in black bean sauce

Making your own black bean sauce rather than using ready-made gives a far lighter and better result, especially as it is so often served with vegetables. You can soak or wash the black beans if you like, but for the best results cook them as they come, for added saltiness in the dish.

✕ Serves 4

300g sweet potato noodles
3 tbsps peanut oil
5cm fresh ginger, peeled and thinly sliced
1 red onion, sliced
250g broccoli
sesame seeds, toasted, to garnish

Black bean sauce

2 tbsps doenjang (Korean soy bean paste)
125ml sake
60ml mirin
2 tbsps rice wine vinegar
2 tbsps dark soy sauce
2 tps sesame oil

3 tbsps fermented black beans (available online)

- 1 Cook the noodles by plunging them into a large saucepan of boiling water. Return to the boil and cook for 1 minute until al dente. Drain well, refresh under cold water and shake dry. Set aside.
- 2 Next make the sauce. Whisk together the doenjang paste, sake, mirin, vinegar, soy sauce and sesame oil until smooth, then stir in the black beans. Set aside.
- 3 Heat the peanut oil in a wok or frying pan set over medium heat and fry the ginger for 10 seconds until fragrant, add the onion and stir-fry for 1 minute, then stir in the broccoli and continue to stir-fry for 1 minute, adding 1 tbsp of cold water, until the broccoli is a vibrant green colour.
- 4 Add the sauce and cook for 2 minutes until the broccoli is tender. Finally add the noodles and stir until heated through. Serve in bowls garnished with toasted sesame seeds.

Healing adzuki bean stew with amaranth

You will feel your body relaxing and your stomach thanking you while you eat this stew! It's made with only a couple of ingredients, the consistency is rich and creamy and the taste slightly sweet. After travelling, not eating well or a stressful day, this stew will take all your worries away!

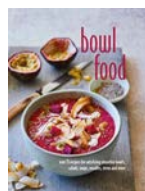
✕ Serves 2-3

200g dried adzuki beans
180g peeled, seeded and cubed squash or pumpkin
70g amaranth
2 tbsps soy sauce
½ tsp umeboshi vinegar
½ tsp ground turmeric
½ teaspoon sea salt

- 1 Cover the adzuki beans with 1 litre of water in a saucepan and soak overnight (this is not necessary but will speed up the cooking).
- 2 Bring them to a boil in the soaking water, then add the pumpkin and cook, half-covered, over low heat until the adzuki are half-done (about 30 minutes). Add the amaranth and cook until both the adzuki and amaranth are soft (another 20-30 minutes). Season with the remaining ingredients and adjust the thickness by adding hot water, if necessary.
- 3 This stew doesn't have any oil and provides the body with a lot of well-balanced nutrients. It is a great winter dish when you feel exhausted and need comfort food that is easy to digest.

RECIPES EXTRACTED FROM **BOWL FOOD**, PUBLISHED BY RYLAND, PETERS & SMALL.

BOWL FOOD IS AVAILABLE TO **VEGAN LIVING** READERS FOR THE SPECIAL PRICE OF £10.99 INCLUDING POSTAGE & PACKAGING (RRP £14.99) BY TELEPHONING MACMILLAN DIRECT ON 01256 302 699 AND QUOTING THE REFERENCE LA4. PLEASE NOTE: SOME RECIPES IN THIS BOOK ARE OMNI AND VEGETARIAN.





Shopping list

Ingredients used more than once, to help you save money

thyme
garlic
soya cream
½ bottle of brandy (¼ if you can get one)
walnuts
soy sauce
vegetable stock cubes
olive oil





IMPRESS ME!

Cooking for friends doesn't need to be pricey, says editor Flic. Here's how to throw an impressive early-autumn dinner for six, and have enough cash left over for vegan wine

Black bean and walnut pâté with home-made thyme crackers

This is the perfect starter for non-vegans. It's so rich and delicious, they won't even notice that it's entirely plant-based.

✂ Serves 6

For the pâté

160g walnuts
2 x 200g tins of black beans, drained
1 clove garlic, minced
2 tbsps soy sauce
2 tbsps brandy
3 sprigs of thyme
500ml vegetable stock
2 tbsps soya cream
salt & black pepper

For the crackers

150g plain flour
¼ tsp sugar
½ tsp salt
1 ½ tbsps olive oil
120ml water
3 x sprigs thyme
sea salt and black pepper

1 Add the walnuts to a dry frying pan over a low heat and stir till they're toasted. Rub off skins in a clean tea

towel, but don't worry if you can't get them all off. Add to the food processor and pulse to a rough, sand-like texture.

2 Drain and rinse the beans, then add to a saucepan with the stock and thyme sprigs. Bring to a gentle boil, then simmer for 5 minutes. Drain and cool, discarding any sprigs.

3 Add beans and the remaining ingredients to the food processor and blend until you have a roughly-textured, spreadable pâté mix. If it's too stiff, add a little more soya cream or brandy if you want a bit of a kick. Refrigerate till around 10 minutes before serving with the crackers.

For the crackers

1 Preheat the oven to 220°C/425°F/gas 7. Sieve the flour into a bowl, and strip the leaves from the thyme sprigs. Add them to the flour along with all the other ingredients. Mix to a dough, adding a little more flour if too wet.

2 Roll the dough thinly (about 2mm), using clingfilm to stop it sticking to the board. Dust a baking tray with flour, and cut the dough into squares or circles using a pizza wheel or cookie cutter. Press holes in each cracker with a fork.

3 Bake for 7-8 minutes, turning over halfway through, until golden brown and crisp. Cool on a rack, and keep in an airtight container. »



Mushroom stroganoff

Easy, fast and sophisticated – you can make the stroganoff in advance and add the cream at the end, so all you have to do is cook the rice.

✂ Serves 6

750g mushrooms, sliced
3 medium onions, sliced
300-400ml vegetable stock
3 tsps paprika
2 tbsps soy sauce
3 tbsps brandy
3 tbsps soya cream
2 cloves garlic, chopped
4-5 tbsps olive oil
salt and black pepper
chopped parsley, or thyme

- 1 Heat the olive oil on medium, in a wide frying pan. Add the onion and garlic, and cook until translucent and beginning to turn golden.
- 2 Add the mushrooms, then add the paprika and stir it through the veg.
- 3 Stir in the vegetable stock, and simmer till it's reduced by half. Add the brandy and soy sauce and simmer gently for a couple more minutes.
- 4 Remove from the heat and add the soya cream, stirring through, and salt and pepper to taste. If the sauce isn't thick enough, add a tsp of cornflour mixed into cold water, and stir until it thickens up to your liking.
- 5 Add a sprinkle of chopped parsley or thyme leaves, to serve.

Chocolate brandy pots with candied walnuts

This is such an easy but impressive pudding. You could also serve it with whipped vegan cream, and chocolate-dipped cherries.

✂ Serves 6

2 x 349g packs firm silken tofu
200g dark chocolate
4 tbsps brandy
3 tbsps agave syrup (or maple syrup)
2 tbsps soya cream

For the walnuts

100g walnuts
40g sugar
1 heaped tbsp vegan butter or spread

- 1 Press the water out of the tofu gently, before placing it in the food processor. Blend on 'high' until it has a smooth, creamy texture.
- 2 Add the chocolate to a dry bowl over a simmering pan of water. (Don't let the bowl touch the water). Melt, stirring, then add the brandy, stirring in well. Set aside to cool.
- 3 Add the cooled chocolate, syrup and soya cream to the tofu, and blend, scraping the sides occasionally, until you have a smooth mixture. Taste for sweetness and add a little more agave/maple syrup if you like.
- 4 Place into bowls or glasses and put in the fridge to chill for at least 2 hours.

Candied walnuts

- 1 Put the walnuts in a shallow, non-stick pan over low-medium heat, and add the other ingredients. Keep stirring until the butter and sugar are melted and the walnuts are fully coated in the liquid mix.
- 2 Remove from the pan with a slotted spoon and scatter onto greaseproof paper to harden. Do this quite quickly, before they clump together.
- 3 Leave for a few minutes to cool, before serving.



FRESH EXPRESS

When you're in a rush, it's tempting to sacrifice taste for speed – but with these easy recipes from Fast & Fresh, you get flavour in a flash

Curried red lentils

Red lentils are widely used in Indian cooking to make dhal – a sauce to serve with rice. They are healthy, nutritious and delicious.

✕ Serves 6

1 onion, chopped
2 garlic cloves, chopped
3cm fresh ginger, peeled and grated
40g unsalted vegan butter
350g tomatoes, chopped
1 tbsp curry powder
1 tsp ground turmeric
½ tsp ground cinnamon
350g red lentils
900ml vegetable stock, or good quality store-bought stock
freshly squeezed juice of ½ lemon
sea salt and freshly ground black pepper
2-3 sprigs of fresh or frozen curry leaves, fried for a few seconds in 2 tbsps unsalted vegan butter (optional)

1 Put the onion, garlic and ginger in a food processor and blend to form a fairly smooth purée. Heat the vegan butter in a saucepan, add the purée, tomatoes and spices, and fry gently for about 5 minutes.
2 Add the lentils, stock, lemon juice, salt and pepper, bring to the boil, cover and simmer over low heat for about 20 minutes until the lentils have thickened.
3 Taste and adjust the seasoning with salt and pepper, then serve topped with a few fried curry leaves, if using.





Quick vegetable curry

✂ Serves 4

We're into fast cooking, so this is a cheat's curry because I have used a ready-made curry paste. Serve with basmati rice.

3 tbsps sunflower oil
1 onion, sliced
2 garlic cloves, chopped
3cm fresh ginger, peeled and grated
1 tbsp hot red curry paste (check it's vegan)
1 tsp ground cinnamon
500g baking potatoes, cubed
400g canned chopped tomatoes
300ml vegetable stock
1 tbsp tomato purée
200g button mushrooms
200g frozen peas
25g finely ground almonds
2 tbsps chopped fresh coriander
salt and freshly ground black pepper

- 1** Heat the oil in a saucepan and fry the onion, garlic, ginger, curry paste and cinnamon for 5 minutes. Add the potatoes, tomatoes, stock, tomato purée, salt and pepper. Bring to the boil, cover and simmer gently for 20 minutes.
- 2** Halve the mushrooms and add them to the pan with the peas, ground almonds and coriander and cook for a further 10 minutes.
- 3** Taste and adjust the seasoning with salt and pepper, then serve.

Note: *If you prefer, you can use whole blanched almonds and grind them with a mortar and pestle, or small blender.*

Quick vegetarian mole

Although it may sound unusual, chocolate is the secret ingredient of this Mexican-inspired dish. It adds a wonderfully rich, intense flavour to the vegetables. Serve with rice, or chilli cornbread

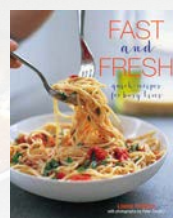
✂ Serves 4

2 tbsps peanut or safflower oil
1 red onion, chopped
1 large red pepper, seeded and chopped
2 garlic cloves

2 tps ground coriander
1 tsp ground cumin
½ tsp ground cinnamon
400g sweet potatoes, cut into cubes
400g canned chopped tomatoes
400g canned red kidney beans, rinsed and drained
1-2 tps sweet chilli sauce
15-25g dark chocolate, grated
2 tpsps chopped fresh coriander
sea salt and freshly ground black pepper

1 Heat the oil in a saucepan and fry

the onion, pepper, garlic and spices for 5 minutes. Add the sweet potatoes, tomatoes, beans, chilli sauce and 300ml water and bring to the boil. Cover and simmer over gentle heat for 30 minutes. 2 Stir in the chocolate and fresh coriander and cook for a final 5 minutes. Taste and adjust the seasoning with salt and pepper, then serve.



FAST AND FRESH BY LOUISE PICKFORD, IMAGES © PETER CASSIDY, PUBLISHED BY RYLAND, PETERS & SMALL. **FAST & FRESH** IS AVAILABLE TO **VEGAN LIVING** READERS FOR THE SPECIAL PRICE OF £10.99 INCLUDING P&P (RRP £14.99) BY TELEPHONING

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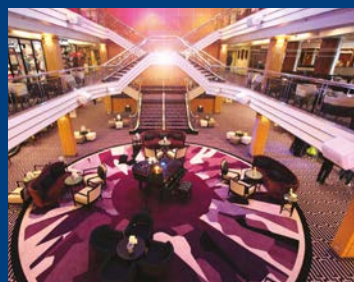
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Good news



SLIM FASTER

With over three million people in the UK suffering from Type 2 diabetes, and over 90 per cent of adult sufferers overweight or obese, weight loss for many is essential. According to a new study in the *Journal of the American College of Nutrition*, a plant-based diet was found to be twice as effective in reducing body weight, as well as improving control of blood glucose.

I'VE GOT A LOVELY BUNCH OF...

The coconut oil bubble has burst, with the American Heart Association claiming it's even more unhealthy than butter or beef fat. They say that in 100 per cent of controlled trials, it increased levels of 'bad' cholesterol, a cause of cardiovascular disease, and contains 82 per cent saturated fats. Looks like it's back to olive oil, folks...

TABLE FOR ONE?

It's well known that food tastes better, and we eat more, when we have company – a phenomenon known as the 'social facilitation of eating' – but researchers at Nagoya University in Japan have discovered you can achieve the same effect by placing a mirror in front of you while you eat.

TIME FOR A CUPPA

We're a nation of hot drink lovers so hurrah for the news that herbal tea and coffee could protect against liver fibrosis, which if allowed to progress, leads to cirrhosis. A new study in the *Journal of Hepatology* reveals that these drinks may have an antioxidant effect beneficial for liver health.



Fact or fantasy?

EATING RIGHT HELPS YOU CONCEIVE

Trying for a baby? Then stock up on mangoes. No, they're not an aphrodisiac. They contain a powerful antioxidant called beta-carotene and vitamin E, both of which can help maintain healthy sperm.

FEEL fabulous

Eimear O'Hagan rounds up the reasons to feel your best this month

UP YOUR INTAKE:

Broccoli

It's been named the UK's favourite vegetable in a recent poll, so what better time to promote broccoli to the top of your shopping list? As well as being rich in vitamin C and an excellent source of dietary fibre, its superfood properties don't end there. It contains a compound called

sulforaphane which, scientists believe, can protect the body from cancer.



DON'T MISS



ORGANAX SUPERFOOD DAILY GREENS £29.99, organax.co.uk

Take a short cut to nutritional nirvana with this one-stop powerhouse of goodness, containing a minimum of 22 organic fruits, veg, minerals and herbs, all handily mixed into a powder. Just add a scoop to your morning smoothie, fruit juice or milk alternative, to feel a little more energised.

ROCKS SPARKLING ELDERFLOWER

£1.99, shop.rocksdinks.co.uk
Chin chin! This sparkling mix of elderflower and spring water is the perfect alternative to fizz if you're going teetotal, or simply fancy a refreshing pick-me-up. Vegan-friendly and made from organic fruit and cane sugar, it has no artificial colours or flavourings.

LENTIL LITES: JALAPEÑO & LIME

£0.75, Asda
For a practically guilt-free snack, this healthy take on traditional crisps is made from lentil and chickpea flour, with hot jalapeño and tangy lime to give them a Latino twist. Best of all, each bag contains less than 99 calories.

INDIGO HERBS ORGANIC NUT & SEED SALAD TOPPER

£4.99, indigo-herbs.co.uk

If you're lacking inspiration when it comes to jazzing up a salad, this nut and seed salad topper could be the answer. Its crunchy combination of sunflower and pumpkin seeds with pine nuts can transform even the most pedestrian bowl of cereal into something delicious, plus it can also

be baked into bread, or sprinkled on any type of salad for a tasty little health boost.



WHAT'S UP DOC?



Dr Frankie Phillips (Ph.D.), independent dietician and expert on vegan health, answers your questions

'Me and my family have been vegan for six months and we love the food – lots of veg and tofu suits us very well. But I would like to know if there is something missing from my diet, as my nails are very thin and flaky.'

A: DR FRANKIE SAYS:

'Nails are influenced by our nutrition as they grow, since they are made from keratinous material, growing approximately two to three mm per month. As complete replacement is achieved in six to nine months it is possible that your nails might be reflecting a change to your diet, but if you are generally healthy, it's unlikely to be a sign of nutrient deficiency. In extreme cases, nails can become 'spoon shaped' if you are suffering from severe iron deficiency, and with a low protein intake there can be nail changes, making them more brittle, but vegans don't tend to be deficient in protein. For both protein and iron, try to include some extra iron-boosting foods, like fortified breakfast cereals, wholegrains, dark green veg, nuts and beans. Crumbly nails can be a sign of psoriasis, or a fungal nail infection, but again, this isn't likely to have a link to your diet change. The thin and flaky nails might also be due to a change in any products you may be using, so check if you have started using a different hand cream, nail polish, or polish remover in the past few months, or a new vegan-friendly soap or detergent? If so, it could be causing the problem.'





What's new?

POLISH OFF SUMMER

This new range of podiatrist-formulated polishes is perfect for late summer. They contain organic tea tree oil, wheat protein and lavender and are super easy to apply.

○ Dr's Remedy Enriched Nail Polish, £11.95, feetlife.co.uk

**TRIO OF YOUTH**

This trio is expensive, but if you can afford to splash out, then it's highly effective.

Dr Jack is a Harley Street aesthetic doctor, and has based his new range on the concept that you don't need more than three basic skincare products. Good Morning! contains vitamin C, All Day Long is a physical sunblock and Good Night is a vitamin A based night cream.

○ David Jack Integrative Beauty range, £89 each, integrativebeauty.co.uk

SOS SKIN SAVE

Feeling ready for some skin nourishment after a summer of cocktails and sun? Look no further than Pure Potions. Their new facial oil contains lavender, palmarosa and Roman camomile essential oils as well as pure rosehip oil; famed for its remarkable regenerative and conditioning properties.

○ Skin Salvation Intensive Facial Oil, 30ml £22, purepotions.co.uk

**BERRY GOOD EFFORT**

OCC stands for Obsessive Compulsive Cosmetics. Brush up with lip tar lipstick in shades to suit any complexion.

○ OCC Alchemically Altered Lip Tar collection, £12.50, love-makeup.co.uk

**Beauty without money**

Make a sweet-smelling and relaxing foot soak with a handful of sea salt dissolved in warm water with a few drops of lavender essential oil. Breathe deep.

READY FOR YOUR close up?

Alice Smellie rounds up the best new products and cruelty-free beauty ideas

COMING UP ROSES**Rose Otto Revive Hand & Nail Repair**

The beauty of this hand product is that you don't have to get all covered in oil. The roller application means that you can apply to the backs of hands (and rub in with the opposite wrist). Smells divinely of roses and it's superbly moisturising.

£62, plantmebotanics.com



GLITZ YOUR TEETH

Teeth are as much a part of any beauty regime as skin – so we've rounded up a range of products to keep you smiling



Blanx White Shock Intensive Whitening Treatment

Claims to take teeth up to four shades whiter in two weeks. Contains no peroxide, but uses Actilux – microcrystals which work naturally with light, and an LED light.

○ £14.99, blanx.co.uk

Urtekram Mint Toothpaste with Aloe Vera

An entire range of delicious sounding toothpastes, including Tea Tree, Mint and Green Tea, Mint and Aloe Vera and Tutti Fruitti for the kids. Organic and genuinely good enough to eat!

○ £2.89, biggreensmile.com

Ultradex Daily Oral Rinse

Refreshingly un-minty. Registered with the Vegan Society, this range is also gluten-free. The alcohol-free and flavour-free mineral rinse promises to instantly eliminate bad breath for up to 12 hours.

○ From £3.25, ultradex.co.uk



A.Vogel Echinacea toothpaste

Non-abrasive, this fresh tasting toothpaste contains echinacea, clove, cinnamon and sandalwood extract as well as essential oils including peppermint to freshen breath and clean thoroughly.

○ £5.29, avogel.co.uk



Curaprox Black is White Chewing Gum

Delicious tasting, this black lemon-mint-flavoured gum contains active carbon to help whiten teeth as well as hydroxylapatite, a mineral form of calcium, and Xylitol to help prevent tooth decay.

○ £4.99, curaprox.co.uk



Read the label

STEARIC ACID

A fatty acid which can be taken from animals and has various cosmetic uses in soaps, haircare and cosmetics. It can help to protect skin against moisture loss. However, it's also found in plants such as shea butter, coconut and cocoa. Look on peta.org for animal-friendly companies.

CLEAN CONSCIENCE

Removeil

Save on cotton wool and disposable wipes with this nifty double-sided cloth. One side is microfibre for effective make-up removal and the other contains 99.9 per cent pure silver, which has anti-bacterial properties, and is bonded to the surface of the fabric to exfoliate skin. Can be used time and time again.

£24.99, removeil.com





INDIAN SUMMER

Ready for autumn? Here's how to transition your trends in a few key pieces



£49, laredoute.co.uk



£59, uk.monsoon.co.uk



£49, laredoute.co.uk



£32, uk.accessorize.com



£545, dowerandhall.com



£155, friendship.shoes

Oliver Bonas' new jewellery collection made from Perspex, rubber and vegan-friendly resin has gone straight to the top of our wish-list. The earrings and necklaces stay the right side of statement: elegant, quirky, affordable. From £22, oliverbonas.com

I wanna be adorned

Sarah Drew Jones makes the most of late summer fashion – proving you can be chic and cruelty-free too

Boutique to bookmark

Begin your search for autumn boots at Bourgeois Boheme, an independent London-based footwear brand for men and women that uses only animal-free materials. With flats, heels and boots in store it's well worth checking out the collection at bboheme.com

IN THE PINK

Canadian brand Matt & Nat has two mottos: 'Live beautifully' and 'No animals were hurt making our bags'. It's that clever combination of style and ethics that makes the vegan label so lovable, and the autumn collection is packed with irresistible new bags. This deep rose shade, £120, is a must-have for this season. mattandnat.com



Layer up

Beat the September chill with easy layers in clash-free colours



£39.95, whitestuff.com



£45, burton.co.uk



£45, houseoffraser.co.uk



£25, riverisland.com

BUY IT NOW

Not your average briefcase, this style-led satchel, £285, is made of cork. It's by PeTA-approved Le Suri, which is all about eco-fashion and sustainability. See more at thepommier.com



Fall deeper

Classic neutrals + rich shades of plum and gold = super-chic autumn style



£34.99, hm.co.uk



£28, debenhams.com



£35, dorothyperkins.com



COOL CUP

Made from triple-insulated stainless steel the Corkicle Tumbler will keep your cold drinks chilled for up to nine hours and your hot drinks warm for up to three.
£22, root7.com

HOT SPOT

This silicone Thermospatula measures temperature as you stir, making it easier to keep tabs on jam or melting chocolate as it cooks.
£15.49, lakeland.co.uk



QUICK FROZEN

Chuck in your favourite ingredients and in 40 minutes the Judge JEA57 ice cream maker will have whipped up a delicious sorbet or vegan ice cream.
£46.20, judgecookware.co.uk



Everything AND THE KITCHEN SINK

Tools of the trade for your adventures in vegan cooking

JAM SESSION

Wondering what to do with that monster blackberry haul? The Ball Preserving Starter Pack will get you hooked on jam and chutney making.
£24.99, lakeland.co.uk





KITCHEN GRATENESS

Microplane Master Series graters are made of photo-etched steel, a process that creates long-lasting ultra-sharp blades for effortless shredding.

Zester £29.95, Paddle graters £34.95 each, steamer.co.uk



BOLD BLOOMS

Bright and durable, this heavyweight melamine salad bowl from John Lewis's Country Collection is great when you're eating al fresco.

£12, johnlewis.com



CAMPING BUDDY

It's portable, uses a thermoelectric generator to heat food efficiently and it even charges your phone. We're surprised the Teggstove camping cooker can't pitch your tent too...

£150, teggology.co.uk

SPOONFUL OF SWEETNESS

Serve up your preserves stylishly in this cute condiment jar with handy spoon attached.

£6.95, dotcomgiftshop.com



‘I just love to take anything and veganise it’

Robin Swallow is head chef and co-owner of London's much-loved vegan restaurant Manna, which celebrates its 50th anniversary this year. She reveals the secrets of her success, and shares a favourite recipe

How did you come to own Manna?

We bought the restaurant back in 1995 – my husband, Roger, a musician and businessman, was a regular customer. He had an office across the street from Manna, which was then a vegetarian restaurant, and ate there often, so when the owners decided to sell and asked if he was interested, he and his business partner bought it!

A chef friend of ours was willing to take Manna and run it for us – we lived in California back then – but after a few years, he was burned out, and we moved here to take over. I had no experience in restaurants but I've always done catering as a private chef. Cooking comes so naturally to me, but I had to learn the restaurant business overnight. I changed everything, all our procedures, and in 2008, Manna went vegan. My husband and I were both vegans and we thought, 'why not?'.

Was that a risk?

Not really. We thought, if you're vegetarian, why wouldn't you enjoy eating vegan, too? We were one of the first places to be non-smoking before anyone else and that was more of a worry. People were really upset when we did that! But you move on a few years and everyone else joins in. Some of our customers missed cheese, but they still came. I was doing everything – developing recipes, in the kitchen, writing menus. I had to train everyone to cook vegan food, because some chefs were uncomfortable with it – they were used to using eggs in desserts, cheese in dishes... I worked 17 hour days for about six years. We were one of the first restaurants to offer cashew cheese, before people even knew it existed. With the vegan desserts, we



still have people thinking we're vegetarian. We had a review that said 'we wish you would go vegan, you don't need to use cheese.' Well... we don't!

Where do you get inspiration for the menus?

I've worked at restaurants in California and get a lot of inspiration there. I've learned so many recipes from Mexican chefs, too. I just love to take anything and veganise it. A lot of Mexican food is easy to make vegan, like enchiladas, with cashew cheese, and we do a great nut roast wellington. At Manna, we have a very small kitchen and we're like a family. When we're about to change the menu, we all discuss it. I've had dish washers make great suggestions, and some dishes are totally collaborative, like the 'cheese' croquettes – we had a recipe for cashew cheese sauce, somebody mixed basil into it, and the next day one of our chefs made it

into croquettes, which are hugely popular. Sometimes you'll have an idea and somebody else will finish it.

Do you still enjoy experimenting with recipes?

Yes, I spend a lot of time on the internet too. I follow the world's greatest chefs, to see what they're doing. In California, we have so many chefs opening vegan restaurants, doing amazing things with food. At the moment, I'm in California – I divide my time and spend a month or so at Manna, then head back here to consult and teach. In London, I'm there every day, it's my baby. I love to be in the kitchen when no one's there at 5am, trying out recipes.

I couldn't do it without Roger. He does everything, he's the social face of the restaurant. I get to be the creative partner, but he is a very good chef, too – he sometimes cooks the lunchtime special.

What are the most popular dishes?

People love the bangers and mash, and often say they can't believe the fennel and pumpkin seed sausages are vegan. At the moment, our most popular dish is the Caribbean platter with Jamaican pot stew and jerk tofu. We are about to change the menu; we try to be seasonal and organic, and I'm really looking forward to autumn – we have a guy we buy from who specialises in pumpkins and squash who always comes in September. We're very lucky that we're still so busy after 50 years. I still really love it and I'm always ready to teach the world how to be vegan. 

» Manna, 4 Erskine Road, Primrose Hill, London NW3 3AJ
mannau.com

Masa harina and chipotle peppers are available at some wholefoods stores and also online at coolchile.co.uk



Courgette and corn fritters

✂ Makes 10

2 small courgettes, grated
175g corn kernels
¼ bunch fresh coriander, chopped
115g masa harina
½ tsp cumin powder
½ tsp paprika
salt and pepper to taste
sunflower oil for frying

Chipotle coulis

½ onion, diced
1 clove garlic, minced

½ tin diced tomatoes
1 tsp smoked paprika
½ tsp cumin
½ chipotle pepper
½ tsp adobo sauce (do not add if you don't want it to be spicy)

1 Grate the courgettes and then place into a bowl and sprinkle with a little salt. Let sit for about 10 minutes.

2 Take the grated courgettes, a bit at a time, and place into a clean tea towel. Squeeze out all the liquid and then place into another bowl. Add remaining ingredients to the bowl of dry courgettes.

Mix with your hands until well incorporated and the mix holds together. Add a small amount of water if needed.

3 Take about 1 heaping tbsp full of mix and shape into a small patty or ball. Continue with the rest of the mix. Heat oil in either a fryer or a saucepan and fry until golden brown. If you have shaped mixture into a patty, they can be pan fried until golden brown on both sides.

4 Serve with chipotle coulis and vegan sour cream.

Chipotle coulis

1 Fry onions and garlic until tender. Add tomato, spices and chipotle. Blend until smooth.

Better looking cooking

You get out what you put in – and these flavour-packed recipes from The Beauty Chef feature fabulous ingredients to enhance your natural looks. Expect glowing skin and sparkling eyes

Baked globe artichokes with citrus and herb salad

Globe artichokes are one of the oldest cultivated vegetables and have been used for millennia for their excellent digestive and cleansing properties. They taste lovely steamed by themselves, or with salad, as in this delightful recipe.

✕ Serves 4-6

1 lemon, juiced
12 smallish globe artichokes (the smaller ones are the most tender)
2 bay leaves
½ tsp whole black peppercorns
310ml verjuice (sour grape juice)
180ml water
1 large handful mint leaves, finely chopped, plus 1 large handful torn
1 large handful flat-leaf parsley, finely chopped
3 cloves garlic, finely chopped
Himalayan salt and freshly ground black pepper, to taste
180ml extra-virgin olive oil, plus extra to serve

1 orange
1 ruby grapefruit
1 lemon
1 baby fennel bulb, trimmed and thinly shaved
1 large handful basil leaves, torn
1 large handful dill sprigs
35g pine nuts, roasted, to serve

1 Preheat the oven to 150°C / 300°F/gas 2.
2 Fill a large bowl with water and add the lemon juice.
3 To prepare the artichokes, working with one at a time, trim the top third from each artichoke. Using a teaspoon, scoop out the hairy choke. Peel off and discard the thick outer leaves to reveal the bright tender flesh. Trim stems to 3cm from the base and peel off the skin. Halve lengthways and place in the prepared acidic water, to prevent discolouration.
4 Place the bay leaves and peppercorns in the base of a non-reactive baking dish (eg stainless steel) large enough to hold the artichokes snugly in a single layer. Add the verjuice and water and set aside.

5 Combine the chopped mint, parsley and garlic in a bowl and mix to combine. Season with salt and pepper.
6 Drain the artichokes. Stuff the cavities with a little of the herb mixture. Arrange, cut-side up, in a single layer in the prepared dish. Drizzle with olive oil.
7 Place a sheet of baking paper on top of the artichokes. Cover the dish with aluminium foil.
 Bake for 1-1½ hours, until tender.
8 Using a small sharp knife, cut off and discard the orange, grapefruit and lemon skin. Cut out the segments and place in a small bowl. Reserve the remaining pulp.
9 To serve, remove the artichokes from cooking liquid and arrange on a platter. Scatter with citrus segments, shaved fennel, torn mint, remaining herbs and pine nuts. Drizzle with a little additional oil and squeeze over the juice of the reserved citrus pulp, to taste.
10 Serve warm or at room temperature.





Warm cauliflower couscous salad with roasted roots, hazelnuts and crispy spiced chickpeas

Cauliflower makes a great base in place of grains. According to Traditional Chinese Medicine, root vegetables are very balancing to your chi (vital energy).

✕ Serves 4

400g can chickpeas, drained and rinsed*
2 tbsps coconut oil, warmed
1 tsp ground cumin
½ tsp ground turmeric
½ tsp ground coriander
¼ tsp Himalayan salt
1 sweet potato, peeled and cut into 2cm chunks
1 parsnip, peeled and cut into 2cm chunks
1 beetroot, peeled and cut into 2cm chunks
40g hazelnuts
1 600–800g cauliflower, trimmed and broken into chunks
80ml extra-virgin olive oil
2 large handfuls coriander leaves, chopped
juice of 1 lemon
2 cloves garlic, finely chopped
Himalayan salt, to taste
micro herbs, to garnish (optional)

1 Preheat the oven to 200°C /400°F/gas 6.
2 Spread the chickpeas onto a small baking tray. Drizzle with a little of the coconut oil.
3 Combine the cumin, turmeric, coriander and salt in a small bowl. Scatter the spice

mix over the chickpeas and toss to coat. Roast, shaking the tray occasionally, for 15 minutes, or until crisp and golden.
4 Place the sweet potato, parsnip and beetroot on a large baking tray. Drizzle with coconut oil and toss to coat. Roast for 20 minutes, or until tender and a golden brown colour.
5 Roast the hazelnuts on a separate baking tray for 5–7 minutes, until the skins begin to peel away and the nut is golden. Set aside to cool slightly. Wrap the hazelnuts up in a clean piece of kitchen paper and rub together to remove the skins. Coarsely chop the nuts.
6 Place the cauliflower in a food processor and blend to finely chop into couscous-sized grains. Heat 1 tbsp of the olive oil in a large frying pan over medium heat. Cook the cauliflower, stirring frequently, for 3–4 minutes, until just tender.
7 Transfer to a large bowl. Add the chickpeas, roasted root vegetables, hazelnuts and coriander and toss to combine.
8 Mix the remaining olive oil, lemon juice and garlic together in a small bowl. Pour over the cauliflower couscous and toss to coat. Season with salt.
 Garnish with micro herbs, if desired. Serve immediately.

* You can soak and cook your own chickpeas if preferred.

Buckwheat noodles with miso-roasted pumpkin, caramelised onion and umeboshi plum salad

One of my favourite salads. Umeboshi plum is an ancient fermented Japanese medicinal food with a dramatic flavour, healing for many imbalances in the body, from coughs to fevers.

✕ Serves 4

2 tbsps white (shiro) miso paste
2 tbsps coconut oil, melted and cooled
1½ tbsps sesame seeds
500g pumpkin, peeled, seeds removed and cut into 1cm-thick slices
1 onion, thinly sliced
2 cloves garlic, finely chopped
200g packet buckwheat noodles
3 umeboshi plums, pitted, thinly sliced
1 large handful coriander leaves, torn

Dressing

60ml tamari
60ml freshly squeezed lemon juice
2 tsps sesame oil

1 Preheat the oven to 200°C /400°F/gas 6. Place a large wire rack on a large baking tray. Blend the miso paste, 1 tbsp of the coconut oil and 1 tbsp of the sesame seeds together in a medium bowl. Add the pumpkin and toss to coat.
2 Arrange the pumpkin slices on the rack. Roast for 15–20 minutes, until softened and caramelised.
3 Meanwhile, heat the remaining oil in a medium frying pan over low heat. Cook the onion and garlic, stirring occasionally, for 15 minutes, or until caramelised. Set aside.
4 Bring a large saucepan of water to the boil. Cook the buckwheat noodles, according to the packet instructions, or until al dente. Drain and refresh in iced water. Drain again.
5 To prepare the dressing, place the tamari, lemon juice and sesame oil in a jar and seal with a lid. Shake to combine.
6 To assemble, place the noodles, roasted pumpkin, caramelised onion, umeboshi plums, coriander and remaining sesame seeds in a large bowl and toss to combine. Pour over the dressing and toss to coat.

Buy
Clearspring
umeboshi plums
from [amazon.co.uk](https://www.amazon.co.uk)
£8.46 for 200g.



The Beauty Chef



CARLA OATES

THE BEAUTY CHEF
BY CARLA OATES
(HARDIE GRANT,
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CARLA OATES/
THE BEAUTY
CHEF

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INDULGE ME FOR A MOMENT

These divine treats from The Vegan Baker are the ideal accompaniment to morning coffee or afternoon tea.

They also make perfect celebration cakes

Rich carrot cake

According to a survey from 2011, carrot cake was voted the favourite cake in the UK! I'm offering you a recipe that contains the expected ingredients (carrots, walnuts, raisins) but it is sweetened with maple syrup, it's low in fat and the frosting is very light.

✂ Serves about 8

200g unbleached plain flour
65g plain wholemeal flour
1 tsp baking powder
1 tsp bicarbonate of soda
¼ tsp salt
1 tsp ground cinnamon
40g desiccated coconut
½ tsp bourbon (or plain) vanilla powder





100g coconut oil
170g pure maple syrup
freshly squeezed juice and grated zest of 1 orange, plus extra to decorate
½ tsp apple cider vinegar
1 tsp rum
330g grated carrots
60g raisins
80g chopped walnuts

For the frosting

220ml oat milk
2 tbsps oat or soya cream
3 tbsps pure maple syrup
3 level tbsps cornflour
½ teaspoon bourbon (or plain) vanilla powder
6 drops of pure orange extract or 1 tbsp finely grated orange zest

23cm/9in. springform cake pan, baselined with parchment paper and oiled

1 Preheat the oven to 180°C/350°F/gas 4.

2 Sift together the flours, baking powder, bicarbonate of soda, salt and cinnamon in a bowl, add the desiccated coconut and vanilla powder and mix well.

3 If the coconut oil has solidified, put the jar in a bowl of hot water until softened.

4 In a separate bowl, mix together the syrup, coconut oil, orange juice and zest, vinegar and rum.

5 Combine both bowls and mix until smooth. Add the carrots, raisins and walnuts and fold in with a spatula. The mixture will be thicker than normal cake.

6 Spoon the cake mixture into the prepared cake pan and spread level with a spatula. Bake in the preheated oven for 30 minutes. Allow to cool completely in the pan.

7 For the frosting, put all the ingredients in a small saucepan and whisk well for the cornflour to dissolve. Set over medium heat and whisk vigorously for a couple of minutes. As the milk starts to warm up, the cornflour will start to thicken it. As soon as the frosting is thick enough to spread, remove it from heat.

8 Remove the cake from the pan and spread the hot frosting over the top with a spatula. Allow to cool completely.

9 Decorate the cake with orange zest and drizzle a little maple syrup on each slice to make it sweeter, if you like.



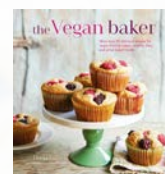
Bean & cashew brownies

At first, the idea of using cooked beans in a brownie mixture might not sound too promising or appealing. However, blended beans give a wonderful texture to the brownies and it's a great way to introduce plant protein to kids or people who wouldn't want to eat a bean stew for lunch. Cashews can be replaced by other nuts, but I suggest you try this wonderful combination; you won't be sorry!

✂ Makes about 20

300g canned, unsalted haricot beans (see method for an alternative)
200g finely chopped vegan dark chocolate (70% cocoa)
65g sunflower oil

130g brown rice syrup or pure maple syrup
freshly squeezed juice and grated zest of 1 lemon
80g whole or 80g finely ground cashews
85g unbleached plain flour
40g plain wholemeal flour
1 tbsp baking powder



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¼ tsp salt
¼ tsp ground cinnamon
2 tbsps apricot jam, for serving

23 x 30cm baking pan, oiled

1 If you want to cook the haricot beans from scratch, soak 140g dried beans in a lot of water overnight. Drain, cover with 3 times the volume of water and cook for 1 hour (or 40 minutes in a pressure cooker). Drain well.

2 Preheat the oven to 180°C/350°F/gas 4.

3 Melt the chocolate in a heatproof bowl set over a saucepan of simmering water. Do not let the base of the bowl touch the water.

4 Put the melted chocolate, cooked beans, oil, syrup, lemon juice and zest in a food processor and blend until smooth.

5 If using whole cashews, finely grind them in a food processor or spice mill. Mix the flours, ground cashews, baking powder, salt and cinnamon in a mixing bowl. Add the bean mixture and fold in with a spatula until you get a smooth, thick consistency (much

thicker than usual cake mixtures).

6 Spoon the cake mixture into the prepared baking pan and spread level with a spatula; if it sticks too much, wet it with warm water and try again. Bake in the preheated oven for 15-20 minutes. Do not overbake – they are supposed to be a little gooey! Allow to cool completely in the baking pan.

7 Cut into squares to serve. I like to serve them with a little homemade apricot jam which contrasts beautifully with the rich, heavy chocolate taste of these brownies.

Basic chocolate cake

✂ Makes 8-12 slices

300ml plain soya milk
 $\frac{2}{3}$ tsp apple cider vinegar
 180g unbleached plain flour
 $\frac{2}{3}$ tsp bicarbonate of soda
 $\frac{2}{3}$ tsp baking powder
 40g cocoa powder
 a pinch of salt
 40g plain wholemeal flour
 a pinch of ground cinnamon
 120g pure maple syrup
 70g sunflower or safflower oil
 grated zest of 1 orange or lemon

80g fruit jam
 2 tsps rum or juice of $\frac{1}{2}$ orange or lemon

23cm/9in. springform cake pan, baselined with parchment paper and oiled

1 Preheat the oven to 180°C/350°F/gas 4. Mix together the milk and vinegar in a bowl and set aside for 10 minutes.

2 Sift the unbleached flour, bicarbonate of soda, baking powder,

cocoa and salt into a mixing bowl, then add the wholemeal flour and cinnamon and mix well.

3 Add the syrup, oil and zest to the vinegar mixture and mix well. Gently fold these into the dry ingredients with a spatula. Make sure not to mix too much, otherwise the cake might turn chewy. When everything is just incorporated, spoon the mixture into the prepared cake pan and spread evenly with the spatula.

4 Bake in the preheated oven for 20-25 minutes or until a skewer inserted in the middle comes out clean. Spring open the cake pan and allow the cake to cool completely.

5 When the cake is cold, peel off the paper. Slice the cake in half horizontally with a large, serrated knife. You can also cut off the top if it has domed while baking and you prefer it to be flat.

6 Put the jam and rum or juice in a small saucepan and heat until it comes to the boil. Spread this over both cake layers – this will make the cake moist and stop any frosting from seeping into the cake. Allow to cool.

7 Put the lower cake layer back in the cake pan and attach the springform ring. The cake is now ready to be topped or filled.

Cake shown has vegan chocolate frosting, but is delicious on its own.

Note: If you are serving the cake as it is (without a filling or frosting), add a little extra syrup to the mixture, or spread something sweet over the cake after baking.



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WHERE SHALL WE GO TONIGHT?

Looking for somewhere good to eat? Karen Attwood has the latest pop-ups, pit-stops, lunches and munches to keep every vegan happy

TOP OF THE POP-UPS

THE UP BEET FOOD COMPANY

The Up Beet Food Company, run by former charity fundraiser Jenna Durdle, hosts pop-up supper clubs, cookery classes and events catering in and around Brighton and wider Sussex.

After leaving her job, Jenna wanted to try something different. 'I had gone vegan 18 months prior to leaving, and had always enjoyed cooking, so thought it was the right time to go for it with a supper club,' she explains.

One of her biggest hits was a Mexican themed four-course menu, while at another event, stir-fried miso-marinated tempeh 'appealed to a lot of people who hadn't tried it before and were fascinated.



I love collaborating with others and I would like to join forces with other creative minds,' Jenna says. 'I have been to some amazing supper clubs in London at secret locations with weird and wonderful themes, but pop-ups events on the south coast currently seem to play pretty safe. I think that with the right people, there is scope to create something a little different where people can enjoy vegan food but where the meal is just part



of the experience.'

Jenna is also building up the outside catering side of her business. 'With veganism on the rise, more couples are confidently saying they want a 100 per cent vegan menu on their wedding day these days, and that they don't want to compromise – and why should they?' she says. 'Wedding catering is a great way to demonstrate that vegan food can be fun and interesting to people who perhaps assume it's all nut loaf and lentil stew.'

○ upbeetfood.co.uk



Love your lunch: *Pod*

WITH 24 POD VENUES ACROSS CENTRAL AND WEST LONDON, YOU WON'T HAVE ANY TROUBLE FINDING HEALTHY TO-GO LUNCHES IN THE CAPITAL. CHOOSE FROM TABBIOLEH SALAD, (£4.99), A GYM BOX WITH FALAFEL AND LENTILS, (£4.99), OR IF YOU FANCY SOMETHING HOT, TRY THE SMOKY THREE BEAN CHILLI (FROM £3.99) BUT ASK FOR IT WITHOUT THE YOGURT. [POD.CO.UK](http://pod.co.uk)



CAFÉ SOCIETY

MULBERRY WHOLEFOODS

In southwest Wales, Mulberry Wholefoods is a family-run vegetarian café with mostly vegan dishes. The cosy, friendly café in the town of Lampeter, Ceredigion, is housed in a converted barn, which usually has local artwork on display.

Owner and cook Stella Teasdale says: 'From September through to March, we hold monthly evening meal events with live music and a more indulgent menu. Live music is provided by local musicians and the food is sometimes themed around international influences. I particularly love doing a Middle Eastern theme or a Mediterranean.'

Stella says her parents originally opened the store to sell clothing and Afghan carpets, but diversified into food after developing an interest in organic, wholefood and macrobiotic diets and 'they found there was nowhere in the area to source such things.'

On the menu are nut burgers, served with home made chutney, a giant vegetable samosa, vegan moussaka and lasagne, Thai coconut curry and tofu quiche. Vegan desserts include chocolate fruit and nut torte, date slices, carrot cake and Bakewell tart.

Stella says there is a strong community in Lampeter, which is 20 minutes from the sea, and 'a great focus on sustainability' in the town which fits with



the café's ethos.

'Without our fantastic customers none of what we do would be possible, so it is our duty to offer them the best in healthy foods and natural medicines,' she says. 'The shop is well stocked with vegan alternatives and supplements. We have a fab team who can help advise on diet, nutrition and alternative medicines, too.'

○ 2 Bridge Street, Lampeter, Ceredigion, Wales SA48 7HG
info@mulberrywholefoods.co.uk
01570 423 317

Bites



FRESH AND FRENCH

Michelin-starred French restaurant Gauthier Soho has a dedicated vegan menu 'Les Plantes' which is available year-round. It includes delicious mains such as Stuffed Courgette Flower, and Confit and Roasted Aubergine with rice and for pudding Poached English Rhubarb with Lime Sorbet and Strawberry Chocolate Delice.

○ 21 Romilly St, London
020 74943111
gauthiersoho.co.uk

IN A PYKKERELL

The Pykkerell Hotel, a 16th century pub near Bury St Edmunds, serves a popular vegan and vegetarian menu with plant-based dishes such as the Vulgar Bulgar, made with bulgar wheat, mushrooms and aubergines and the Taj Mahal rice dish. There is a vegan option every day and if you call in advance they can cater for special requests.

○ 38 High St, Ixworth, Bury Saint Edmunds 01359 230398

A PHEASANT TIME

If you're travelling in and around the Lake District, the pleasant Pheasant Inn, in Grange-over-Sands, can provide a vegan option, such as a falafel burger with twice-cooked chips. Do call in advance to discuss your requirements.

○ Flookburgh Rd, Allithwaite, Grange-over-Sands LA11 7RQ
thepheasantinnallithwaite.co.uk

*Don't order...*

PUDDINGS, THEY
CONTAIN DAIRY,
APART FROM
THE BBQ
PINEAPPLE.



Chain reaction

TURTLE BAY

The Caribbean restaurant chain Turtle Bay, which has 37 sites across the country, has a huge number of vegan options on the menu – all clearly marked. With its fun atmosphere, it makes a great choice for a meal with omnis and vegetarians.

What Can I Order?

🌱 For plant-based starters, try Sweetcorn Fritters or Trini Doubles, which are street-food style flatbreads with chickpeas. All of the Beach Salads are vegan.

🌱 For mains, go for an Ital Rundown, which is butter beans and veg served in a coconut sauce or a Spinach, Aubergine or Sweet Potato Curry.

🌱 For lunch, you can munch on a Spiced Chickpea Ital Wrap.

🌱 For dessert, opt for the Fresh BBQ Pineapple but tell your server you want the vegan version.

What Can Be Adapted?

🌱 Nothing, unless you're allergic – there are plenty of vegan options.

🌐 turtlebay.co.uk



CHEERS! MANCHESTER VEGAN BEER

MARKET CHORLTON BREWERY HAS BEEN RUNNING A VEGAN FOOD AND BEER MARKET OVER THE SUMMER AND THE LAST ONE OF THE SEASON WILL BE ON SATURDAY SEPTEMBER 2ND. GET DOWN TO THE BREWERY TO TRY A RANGE OF VEGAN BEERS. A NUMBER OF PLANT-BASED FOOD STALLS WILL SERVE UP THEIR SPECIALITIES, TOO. THERE ARE EVEN SOUR BEER SMOOTHIES! **CHORLTON BREWERY, 69 NORTH WESTERN STREET, M12 6DX.** (PLEASE NOTE: THIS IS A CASH ONLY EVENT).

PIT STOP:

CAMDEN VBURGER

A NEW 100% VEGAN BURGER BAR, HAS OPENED IN CAMDEN MARKET SERVING THREE CHOICES: BEETROOT, FALAFEL OR A SEITAN SCHNITZEL BURGER WITH OPTIONAL VEGAN CHEESE OR AVOCADO. FIVE MORE BURGER OPTIONS ARE SOON TO BE ADDED. SIDES INCLUDE SKIN-ON FRIES, SWEET POTATO WEDGES AND COLESLAW SALAD, WHILE DESSERTS INCLUDE CHOCOLATE BROWNIES AND DATE AND COCOA ENERGY BALLS. THE FLAGSHIP CAMDEN MARKET SHOP WILL BE THE FIRST OF SEVERAL - ITS CO-FOUNDERS PLAN ON OPENING MORE SITES OVER THE NEXT THREE YEARS. VBURGER.CO.UK



Dining dilemma

Got a worry about eating out? Let us know* and we'll do our very best to solve it

Q I always have trouble finding decent vegan options for my children when eating out, other than chips or tomato pasta. My sister has the same problem with her vegan teen. Where can you recommend that has healthier, more inspiring choices?

A Feeding kids when eating out is difficult for anyone, given the bland options for children in many restaurants, combined with the general fussiness of kids. This is made even more of a challenge

with vegan children. However, there are some decent options. Among the chains, Zizzi leads the way with a great children's menu with carrots and cucumber sticks or olives for starters, green pesto, tomato pasta or vegan pizza for main and a range of sorbets for pudding. Pizza Express has now launched its vegan range, too - kids can opt for a vegan pizza there with an apple ice lolly for dessert. Brighton's veggie restaurant Terre à Terre offers a sesame tofu starter, soup, spaghetti or potato rosti and



chocolate brownies to finish. In Brighton's Purezza, kids under ten eat free, and they offer exciting desserts such as Oreo pizza. If things are to improve, it's really important for parents to request more vegan options for their kids when eating out.

'Zizzi leads the way for vegan kids' meals, with a great children's menu including pasta, pizza and sorbet for pudding.'

*editor@veganlivingmagazine.co.uk

‘Food should be both nourishing and enjoyable’

Ashley Melillo’s blog, blissfulbasil.com, aims to make healthy recipes delicious. She explains how it began, and shares three of the best



PHOTOGRAPHS SUPPLIED BY ASHLEY MELILLO

NAME: Ashley Melillo

AGE: 33

JOB: Psychologist, author, recipe developer and food photographer

WHEN IT STARTED: July 2010

WHO IT’S AIMED AT: Vegans, wellness seekers, and those with food sensitivities/allergies

HOW MANY HITS PER MONTH: 300,000+

‘One humid summer evening in 2010, I started a food blog on a whim. I was in graduate school at the time and figured it would be a fun hobby during a leisurely summer break. It’s been around seven years since I shared my first post, and I can now say that blogging turned out to be much more than a steamy summer fling. It has been one of the most joyful, worthwhile, and transformative endeavours of my life.

I went vegan in 2014, because of my love for animals. I expected to feel ethically at peace, but I didn’t anticipate the slew of other emotional and physical benefits I would experience from following a fully plant-based diet. Throughout the years, I’ve learned to differentiate between the foods that allow me to thrive (i.e., whole, vibrant, minimally processed) and the foods that leave me feeling less than optimal. I was raised to believe that food should be something that’s both nourishing and enjoyable, so I create recipes with this notion in mind.

Now, I eat more of the foods that enhance my wellbeing and less of the foods that dissolve it, and also leave plenty of room for the grey in between.’



Herbed cashew cheese with spicy tomato jam

✂ Makes 1½ cups

Herbed cashew cheese

- 1 cup raw cashews
- 2 tbsps nutritional yeast
- 2 tbsps fresh lemon juice
- 2 tbsps water
- 1 tsp white wine vinegar
- 1 garlic clove, minced
- ½ tsp sea salt
- black pepper, to taste
- ½ tbsp chopped fresh basil
- ½ tsp chopped fresh oregano
- ¼ tsp chopped fresh thyme

- 1 Soak cashews in 2 cups of water for 4 hours.
- 2 Drain and add cashews to a food processor with the nutritional yeast, lemon juice, 2 tbsps of water, vinegar, garlic, salt and pepper. Process to a very smooth cream.
- 3 Transfer to a bowl and stir in the herbs.

Spicy tomato jam

- 4 cups halved grape tomatoes
- ¼ cup pure maple syrup
- ¼ tsp sea salt
- 1½ tps ground cumin
- 1 tsp minced fresh ginger
- 2 garlic cloves, minced
- ½ tsp crushed red pepper flakes

- 1 Add the tomatoes and maple syrup to a medium saucepan on the stove, cook for 5 minutes.
- 2 Add the sea salt, cumin, fresh ginger, garlic, and crushed red pepper flakes. Stir. Bring the mixture to a boil. Reduce heat, cover, and simmer for 40-45 minutes, stirring every 5-10 minutes.
- 3 Let it cool and transfer the tomato jam to a jar or container.



Raw apple-cinnamon & chia breakfast bowl

✂ Serves 2

- 3 honeycrisp apples, peeled and cored, divided
- 4-5 medjool dates, pitted
- ½ tsp ground cinnamon
- pinch ground nutmeg
- 2 tbsps chia seeds

Toppings

- raw walnuts
- raisins
- dried cranberries
- hemp seeds

- 1 Finely dice one of the honeycrisp apples and add to an airtight container.
- 2 Take two of the honeycrisp apples and cut them into large pieces. Add the apple pieces to a food processor along with the dates, cinnamon, and nutmeg. Pulse the mixture several times and then let it process for 2-3 minutes, stopping occasionally to scrape the mixture down the sides.
- 3 Pour the apple-date mixture into the container with the diced apple and stir in the chia seeds.
- 4 Refrigerate for at least 1 hour or overnight.
- 5 Divide the apple mixture between two bowls and top with a mixture of raw walnuts, raisins, cranberries, and hemp seeds.



Warming yellow split pea soup

✂ Serves 4-6

- 1 tbsp coconut oil
- 1 tsp ground coriander
- 1 tsp smoked paprika
- ½ tsp cumin
- ½ tsp turmeric
- ¼ tsp ground ginger
- ¼ tsp ground cinnamon
- ¼ tsp cayenne pepper
- 1 onion, diced
- 1 tsp sea salt
- 4 cups low-salt vegetable stock
- 1 cup water
- 2 cups dried yellow split peas
- 1 cup diced carrots
- 1½ cups lite coconut milk

Optional garnishes: coriander leaves, microgreens, sliced radishes, pumpkin seeds

- 1 Add the coconut oil to a large stock pot over medium heat. Add in the coriander, paprika, cumin, turmeric, ginger, cinnamon, and cayenne pepper. Cook for 3-4 minutes, stirring occasionally.
- 2 Add in the diced onion and sea salt. Cook for 7-8 minutes or until onions become translucent, stirring occasionally to scrape spices off pan.
- 3 Add in the vegetable broth, water, yellow split peas, and carrots. Bring to a boil, reduce heat, cover, and simmer for 50-55 minutes, stirring occasionally, or until yellow peas are very tender.
- 4 Turn off heat and use an immersion blender to purée the soup until smooth. Stir in the coconut milk, season with additional salt and garnish.

CALIFORNI-VACATION

A Mendocino coastal hideaway with a gourmet, organic, vegan restaurant makes a trip West a must, says writer Katie Antoniou

The journey to Mendocino is not for the faint-hearted. As a local told me when we arrived, 'that's why it's still such a beautiful place, it's a pain in the ass to get here.' And she wasn't wrong; never is it more evident that you're in a country the Romans didn't reach than when you're driving along the seemingly endless, windy roads up from San Francisco. But when you finally emerge from the redwood forests and catch sight of the tiny seaside town of Mendocino, perched on the cliffs overlooking the Pacific, it's all worth it.

Stanford Inn Eco-Resort is just a few minutes' drive from the town, the ocean still in sight from its rolling grounds full of vegetable gardens, ornamental flowers and greenhouses. It's gloriously evident that the drought in California is finally over, with flora and fauna thriving in the wake of the heavy rains the state enjoyed last winter. Birds of prey soar overhead, wisteria blossoms on the walls of the hotel and the bio-nursery is full of baby succulents waiting to be planted.

Jeff and Joan Stanford started the inn in 1980, creating a vegan destination long before it was

fashionable. We often saw the couple around the resort, which intensifies the feeling that you're staying at someone's idyllic home rather than a hotel. Dogs are welcome, even at the Ravens restaurant, where locals come to dine alongside visitors on dishes such as tamari-maple glazed tofu, sea palm and root vegetable strudel, and kale avocado salad.



The first night, we were exhausted after the journey so ordered food to our room – Portobello mushroom sliders and homemade vegan cookies in front of the fire. While the weather was sunny for our whole stay, the evenings can get chilly.

Vegan waffles and pancakes with maple syrup meant that we could indulge in the all-American breakfast experience the next morning. A certified

nutritionist can help with any dietary queries – there are even vegan cooking courses if you're feeling inspired.

After breakfast, we explored the grounds with our daughter, aged two, who was delighted by the geese, donkeys, horses and llamas who live on site. It's a wonderful place to teach children about where food comes from while walking through the kitchen gardens, spotting all the »

'That's why it's still such a beautiful place – it's a pain in the ass to get here.'



GETTING THERE

British Airways and Virgin Atlantic are among the airlines that offer direct flights from Heathrow to San Francisco.

From San Francisco drive north on Highway 101 through Marin and Sonoma Counties until the last exit to Cloverdale – Highway 128.

Exit and follow Highway 128 north through the coastal range into Anderson Valley. Continue north past the wineries and into the Navarro redwoods.

Highway 128 merges with Coast Highway at the mouth of the Navarro River.

Continue north for 10 miles until you see Mendocino Village stretched out on the Headlands.

Look for the Comptche Ukiah Road and turn right. The main driveway to the inn is the second to your left.

The drive normally takes about three hours, but beware traffic leaving San Francisco; it's best to leave early in the morning or after 6pm.





Hire a canoe and head off to explore the local shoreline.

fruit and vegetables used in the restaurant.

At the bottom of the hotel grounds is the Big River Estuary and 'Catch a Canoe'. As first timers, I was a little nervous about taking a boat out, especially with a toddler, but the redwood outrigger canoe was easy to use and felt totally safe. Travelling inland was a breeze even for novices like us. We kept an eye out for some of the local wildlife; raccoons, opossums, bobcats, black bears and cougars all inhabit the area. From November until April you can even see grey whales out at sea. We saw herons fishing and something we'd barely allowed ourselves to hope for; a seal pup on a sandbank! We'd been warned that coming back against the tide would be tiring, and worked off most of that breakfast with vigorous paddling. Hiring boats is an additional cost, but 'Catch a canoe' also provides bicycles which are complimentary for overnight guests.

Across the river from the inn, there's a wide, sandy beach, scattered with picturesque driftwood structures built by locals, from dens to pretend pirate ships. Mendocino is famously where a lot of the San Francisco artists and musicians moved to after the summer of love in 1967. And, true to form, while we're there we see a whole family wearing flower crowns, a lady practising yoga and a dog so chilled out it was letting its owners bury its body in the sand. Visiting Mendocino itself also feels like stepping back in time; the town dates back to

DON'T MISS

Sea palm: A sweet and salty brown seaweed found just off the coast – try it in Stanford Inn's sea palm and root vegetable strudel.

Enchiladas: There's a huge Mexican community in Mendocino, and their influence is evident on the menu. Their vegan enchiladas include Portobello mushrooms, rice, cashew cheese, avocado, salsa and chilli.

Scones: The coconut scone served at breakfast is honestly the best scone I've ever had.



the 1850s and is full of old, wooden water towers. Though it's obviously a tourist destination, there's also a feeling of community, from the Medical Marijuana Centre to the tiny Mendocino Film Festival we happened to arrive in time for. There are plenty of quirky shops and a park where you can relax and soak in the incredible view out over the Pacific. Stanford Inn will make you a vegan picnic to take with you on your travels, or Mendocino has a great grocery store, as well as the Goodlife Café and Bakery and Frankie's where you can get a mean falafel.

Just ten miles up the road you'll find Fort Bragg, home to the Instagram-famous Glass Beach. There are actually three sites, all formerly dumping grounds for everything from cars to bottles, now home to shores of beautifully smooth 'sea glass'. We had great fun hunting for the rare 'ruby reds' formed from pre-1967 car tail lights and blue



stones made from old apothecary bottles. You're not allowed to take the glass home with you these days, so stick your snaps on social media. Another favourite for little ones and big kids at heart is the 'skunk train', which takes you on the same 'Redwood Route' it's been chugging along since 1885. It's a truly atmospheric way to see the local forests, rivers and wildlife. On our bucket list for when we return are the Russian Gulch State Park where you can visit the Devil's Punchbowl, a collapsed sea cave, and Van Damme State Park, home to the curious Pygmy Forest full of dwarf trees. There's local vineyards in the nearby Anderson Valley where you can enjoy the local wine, too.

On our last day at Stanford Inn, I enjoyed a massage and a swim in the solarium. We popped into Mendocino one last time before heading home and spotted a sign in a café window: 'We welcome all races, all religions, all countries of origin, all sexual orientations, all genders... you are safe here.' In the tumultuous times America is currently experiencing, it's reassuring to see the hippie spirit is still going strong and that here at least, the summer of love lives on.

» stanfordinn.com

KALE SALAD WITH AVOCADO LIME VERJUS DRESSING, CAULIFLOWER CEVICHE AND AVOCADO



✂ Serves 2

Kale

1 bunch kale, chiffonade* (can substitute Romaine lettuce)
1 tsp salt
raisins

Garnish

1 red pepper, diced
1 avocado, sliced thin

Dressing

2 ripe avocados
1 lime, juiced
1 tbsp brown rice vinegar
1 tbsp agave nectar
½ cup coriander, tightly packed
½ cup verjus (sour grape juice)
salt and pepper to taste

1 Combine chiffonade kale and sprinkle with salt in a large bowl. Massage salt into the kale leaves until kale is well coated. This process will help break down the cell wall of the kale, making it tender.

2 Combine raisins and 2 tbsps of the dressing with kale and set aside.

3 Using a Vita-Mix or high speed

blender, combine all dressing ingredients and mix until smooth.

Cauliflower ceviche

½ head of cauliflower, steamed or boiled until soft (about 5 minutes) cooled and cut into small chunks
1 tomato, diced small
¼ red onion, diced small
¼ bunch coriander, chopped
¼ jalapeno, de-seeded, diced small
1 lime, juiced
1 tsp salt or to taste
½ tsp black pepper (optional)

1 Mix all ingredients and chill. Add more salt and jalapeno if needed.

Plating

In a cylinder mould, add about 3" of the dressed kale, pressing down firmly. Follow with a thin layer of the ceviche. Finish with a layer of thinly sliced avocado, fanned. Turn onto the plate. Garnish with the bell peppers.

Note:

*Verjus is sour grape juice, available in health food stores

* Chiffonade means 'shredded'

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NEXT MONTH

HALLOWEEN PARTY! THRILLING TREATS AND PLANT-BASED EATS

BACK TO SCHOOL THE UK'S BEST VEGAN COOKERY CLASSES

SQUASH UP! MAKE THE MOST OF SEASONAL VEG

PLUS THE CHUTNEY QUEEN: MEET THE WOMAN WHO TURNED RUBBLE TO RUBIES

OCT
ISSUE
ON SALE:
31ST AUG

Disclaimer: We cannot guarantee that events (such as festivals, markets, workshops, courses, etc.) covered in Vegan Living are completely vegan. Please be aware that some of the vegan recipes featured are extracted from recipe books that also contain meat recipes. While we take care to ensure the product information included in the magazine is correct, product recipes can change, so please check the label. Finally, please note that Vegan Living sometimes features vegan products made in factories which are not solely vegan.

HANDY CONVERSIONS

Not sure whether it's cups, ounces or grams? Keep this handy conversion chart nearby and you'll never go wrong. Vegan Living's recipes use metric, but not all the chefs we feature do!

WEIGHT				OVEN TEMPERATURES			VOLUME	
				Celsius	Fahrenheit	Gas mark		
10g	1.4oz	350g	12oz				30ml	1fl oz
25g	1oz	375g	13oz				50ml	2fl oz
50g	1½oz	400g	14oz	110	225	¼	100ml	3½fl oz
75g	2½oz	425g	15oz	130	250	½	125ml	4fl oz
100g	3oz	450g	1lb	140	275	1	150ml	5fl oz (¼ pint)
125g	4½oz	500g	1lb 2oz	150	300	2	175ml	6fl oz
150g	5½oz	600g	1lb 5oz	170	325	3	200ml	7fl oz
175g	6oz	700g	1lb 9oz	180	350	4	300ml	10fl oz (½ pint)
200g	7oz	800g	1lb 12oz	190	375	5	400ml	14fl oz
225g	8oz	900g	2lb	200	400	6	500ml	18fl oz
250g	9oz	1kg	2lb 4oz	220	425	7	600ml	1 pint
275g	9½oz			230	455	8	700ml	1¼ pints
300g	10½oz						850ml	1½ pints
325g	11½oz						1 litre	1¾ pints
							1.2 litres	2 pints

Source: Guild of Food Writers

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Get minted!



With Veggie Lotto, every week you could have the chance to win **£25,000** or one of seven guaranteed cash prizes!

Sign up before midnight on **Friday 25 August 2017** to also be entered into a special prize draw to win **£200** worth of fabulous kitchen goodies.

Veggie Lotto is a charity lottery which raises funds for the national charity, the Vegetarian Society.

All profits from Veggie Lotto are used to help people better understand how what they eat can make a big difference for the planet, for animals, and for a healthy life for everyone.

www.veggielotto.org

Veggie Lotto and the prize draw are open to residents of the UK aged 16 years and over. Veggie Lotto is a weekly lottery. See terms and conditions for deadline for entry. Full terms and conditions for Veggie Lotto and the prize draw are available at www.veggielotto.org. The Vegetarian Society is a charity registered in England and Wales, number 259358.

If you feel you have a problem with gambling, please visit www.gambleaware.co.uk for help and advice, or contact The National Gambling Helpline on 0808 8020 133 (open 8am to midnight daily).

GambleAware



Traditional burger with Avocado and sun-dried tomato hummus with polenta crusted onion rings



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